THE
Ladies Delight:
OR, A
RICH CLOSET
OF CHOICE
Experiments & Curiosities,
Containing the ART of
Preserving & Candying
both **Fruits** and **Flowers**:
Together with
The Exact Cook; Or, The ART of Dressing all Sorts of *Flesh*, *Fowl*, and *Fish*.

By HANNAH WOOLLEY.

To which is Added:
The Ladies Physical Closet: Or, Excellent *Receipts*, and Rare *Waters* for Beautifying the *Face* and *Body*.

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PRESENTED BY
THE SOCIETY
F.L.S.
BRITANNIQUE
LADY BANKS

TO ALL

Ladies and Gentlewomen in General,

Who love the ART of

Preserving & Candying.

Ladies and Gentlewomen,

I *Here present you with a True, and most Easie way of Practising what you shall find mentioned in this Book: which though but little, containeth more than all the Books that ever I saw Printed in this Nature, they being rather Confounders, than Instructers.*

I do assure you all, that they are very Choise Receipts, and such as I have not

taken up on the Credit of others; but do Commend them to you from my own Practice, who have had the Honour to perform ſuch things for the Entertainments of His late MAJESTY, *as well as for the Nobility. I could have enlarged the Volum very much, had I not picked out only ſuch as I thought to be the very beſt; and ſuch as hath coſt me much time, and great pains to gather together. Be pleaſed therefore to prove any one of them, and do it with a diligent care, and then I am ſure you will be Encouraged to the reſt. Here you will find pleaſant Employment both for Winter and Summer.*

Thus beſeeching you all to try the Reality of my Endeavours, by your Practice herein: I remain,

Ladies,

Your very humble Servant,

Hanna Wolley.

The ART of PRESERVING AND CANDYING.

1. *To Preserve White Quinces.*

TAke your faireſt Ripe Quinces, and quoddle them very tender, ſtirring them about often with the back of a ladle for fear they quoddle not all alike; when you perceive them to grow tender, thruſt a ſtraw to the

Core, and if it will paſſe, they are enough, then Core them with a Scoop or ſmall Knife, then pare them neatly, and weigh them; to every pound of Quinces, take a pound of Double-Refined Sugar, and a pint of the water wherein thin Slices of Pippens have been boyled, for that is of a Jellying quality; ſtrain that pippin-water well, put your Sugar to it, and make a Sirrop; when it is well Scumm'd, put in your Quinces, and boyle them as faſt as poſſibly you can, for that will keep them whole and white; take them from the fire ſometimes and ſhake them gently, keep them clean Scumm'd when you perceive them to be very clear, put them into gally Pots or Glaſſes; then warm the Jelly, for ſo it will be; ſtrain it, and pour it ſoftly over them, do not cover them till they be cold; theſe will keep three Months.

2 *To make Conſerve of Red Roſes.*

TAke their Buds and clip off the Whites, then take three times their weight

weight in Double-Refined Sugar, beat the Roſes well in a Stone or wooden Morter, then put in the Sugar by little and little; and when you find it well Incorporated, put it into Gally pots, and cover it over with Sugar, and that will keep in the ſtrength, ſo it will keep ſeven years or more: the oldeſt is alwayes the beſt to uſe.

3 *To Preſerve Aprecock's in Jelly.*

TAke of your faireſt Aprecocks, not too Ripe, ſtone them, and weigh them; then take to every pound of Aprecocks a pound of the fineſt Sugar, and a pint of Pippen water, as is before mentioned, make a Sirrop of it, and Scum it; then having your Aprecock's neatly pared, put them in, and boyle them quick, taking them from the fire ſometimes a little while: when you perceive them to be very clear, put them into Glaſſes, and when they are almoſt cold, warm the Jelly and put over them.

4 *To make plain Bisket Cake.*

TAke a pottle of Flower, and put to it half a pound of fine Sugar, half an ounce of Carroway-ſeed, half an ounce of Anniſeeds, ſix ſpoonfuls of yeaſt; then boyle ſome water, about a pint or little more, put into it a quarter of a pound of Butter, or a little more, let it ſtand while it is ſomewhat cold, then temper them together, till it be as thick as for manchet; then let it lie a while and riſe; ſo roule them out very thin, and prick them, and bake them in an Oven not too hot.

5 *To make Green Paſte of Pippens.*

TAke your Pippens while they be Green and Quoddle them tender, then pill them, and put them into a freſh warm water, and cover them cloſe, till they are as green as you would have them; then take the pulpe from the Core, and beat it very fine in a morter; then

then take the weight in Sugar and wet it with water, and Boyle it to a Candy height; then put in your pulpe, and boyle it till it will come from the bottom of the Skillet; then drop it upon plates duſted with Sugar, or into Moulds; ſo dry it in a Stove, and keep it all the year.

6 *To make Paſte of any Plumbs.*

TAke the Plumbes and put them into a pot, cover them cloſe; then ſet them into a pot of ſeething Water, and let them ſtand till they be tender; then put forth their Liquor, and ſtrain the plupe through a canvis ſtrainer; then take to half a pound of the pulpe of plumbs, half a pound of the pulpe of pippens; beat them together, take their weight in fine Sugar, and boyle it to a candy height, with as much water as will wet it; then put in your pulpe, and boyle it till it will comẽ from the bottom of the poſnet, then duſt your plates with ſearced Sugar, and drop them on, ſo dry them in a ſtove.

7 *To make Almond Gingerbread.*

TAke a little Gum-Dragon, and lay it in ſteep in Roſe-water one night, then take half a pound of Jordan Almonds blanched, and beaten with a little Roſe water, wherein the Gum-Dragon hath lien; then take almoſt half a pound of ſugar finely ſearced, one ounce of Ginger, one ounce of Sinnamond; beat theſe altogether with Roſe-water, then work it into a paſte, ſo print it, and dry it in ſome warm place, as a Stove or Oven.

8 *To make Snow-Cream.*

TAke a pint of Cream, and the whites of three Eggs, one Spoon-full or two of Roſe-water, whip it to a Froth with a Birchen Rod, then caſt it off the Rod into a Diſh, in the which you have firſt faſtened half a Manchet with ſome Butter on the bottom, and a long Roſe-mary ſprigg in the middle: When you have caſt

caſt all the Snow on the diſh, then garniſh it out with ſeverall ſorts of Sweet-meats.

9 *To Preſerve Orenges and Lemmons, that they ſhall have a Rock Candy on them in the Sirrop.*

TAke your Orenges or Lemmons, and cut them in halfs; or if you will do them whole, then cut a little hole in the bottom, ſo that you may take out all the meat; lay them in water nine dayes, changing the water twice every day; then boile them in ſeverall waters, till a a Straw will run through them; then take to every pound of Orenges or Lemmons a pound of fine Sugar, and a quart of water; make your Sirrop, and let the Orenges boile a while in it, then ſet them by for five or ſix dayes in their Sirrop; then to every pound of Orenges take a pound more of Sugar, and put it into the Sirrop, and boile your Orenges till they are very cleer; then take the

the Orenges out, and boile your Sirrop almoſt to a Candy.

10 *To make Sugar Plate.*

TAke a ſpoonfull of Gum-Dragon, and lay it in ſeven ſpoonfulls of Roſe-water two dayes, then grind it in an Alabaſter Morter, then put to it ſome ſearced Sugar by degrees, ſtill keeping it beating till it come to perfect paſte, which will be a good while firſt; then work it with Sugar, and roule it abroad in thin Cakes fit for your mould; duſt your moulds with Sugar and ſo print it, it will dry of it ſelf: if you would colour it, you ſhould dry ſome Flowers, as Burrage, Roſes, and Mary golds, or any other Flower, ſo beat them, and ſearce them; as you are beating of it, make ſome white, and ſome with a little oile of Anniſeeds, that is good for Colds, or the Wind; you may make ſome with Sinnamond ſearced.

11. *To make artificiall Wallnuts.*

TAke some of the Sugar Plate, print it in moulds made for a Wallnut Kernell, yellow it over with a little Saffron-water with a Feather, then take searced Sinnamond and Sugar, as much of the one as the other; work it in paste with some Rose-water, wherein Gum-Dragon hath been steeped; then print in moulds for a Wallnut-shell, and when they are dry, close them together over the Kernel, with a little of the Gum-water.

12 *To make short Cakes.*

TAke a pint of new Yeast, and a pound and quarter of butter, or more; melt your butter, and let it cool a little; then take as much fine Flower as you think will serve, mingle it with the butter and yeast, put in as much Rose-water and Sugar, as you think fit, and if you please, some Carroway Com-

fits, ſo bake them in little Cakes; the longer you keep them, the better, if it be to half a year.

13 *To preſerve Red Roſes, Which is altogether as effectual for any uſe as the Conſerve is.*

TAke Red Roſe-buds clean clipped from their whites, one pound, put them into a Skillet with four quarts of running water, wine meaſure, let them boil apace, till three quarts be boiled away, then put in three pounds of fine Sugar, and let it boil till it begins to be thick: then put in the juice of a Lemmon, then boile it a little longer, and when it is almoſt cold, put it into Gally-Pots, and ſtrew them over with ſcearced Sugar, and ſo keep them as long as you pleaſe.

14 *A very good Cordial-Infuſion.*

TAke the fleſh of a Cock-Chick, cut in ſmall pieces, and put into a Glaſs with a wide mouth; put to it one ounce of

of Harts-horn, half an ounce of red Corrall, with a little large Mace, and a slice or two of Lemmon, and two ounces of white Sugar-Candy, stop the Glass close with a Cork, and set it in a Vessel of seething water, and stuff it round with hay, that it jogg not; when you find it to be enough, give the sick party two spoonfulls at a time warm.

15 *For a Cough of the Lungs.*

TAke two ounces of oile of sweet Almonds newly drawn, three spoonfulls of Colts-foot water, two spoonfuls of red Rose-water, two ounces of white Sugar-candy beaten fine; mingle all these together, and beat it one hour with a spoon, till it be very white; then take this upon a stick of Liquorish; this, a Child that is newly born, may take, or any one who hath a Cough, or Hoarsness; it is also very good for the Stone.

19 *To Preſerve Grapes.*

TAke your faireſt white Grapes, and pluck them from the ſtalks; then ſtone them carefully, and ſave their juice; then take to a pound of Grapes, a pound of the fineſt Sugar, and a pint of Water, wherein ſliced Pippens have been boiled, ſtrain that Water, then with your Sugar and Water, make a Sirrop; when it is well ſcummed; put in your Grapes and boil them very faſt, keep them clean ſcumm'd; and when you ſee they are as clear as Glaſs, and that the Sirrop will Jelly, put them into Glaſſes.

17 *To make Callops of Bacon in Sweet-Meats.*

TAke ſome March-pain paſte, of which I ſhall ſpeak of hereafter, and mould it with red Sanders finely ſearced, ſo much as will make it of a good red; when it is well worked, roul it abroad

broad in three thin rouls; then take four rouls of the white March-pain, ſo lay them, firſt a red, and then a white; then cut them athwart, and bake them in a warm Oven, and they will be like Collops of Bacon.

18 *To make Violet Cakes.*

TAke the faireſt, and clip them from their whites; then take as much hard Sugar as they weigh, beat it fine, and wet it with fair water, and boil it to a Candy height, then put in your Violets and ſtir them well together, then pour them out upon a wet Plate, and cut them in what faſhion you pleaſe: thus you may do with any Flowers or Herbs, and they will be very pretty, and pleaſant.

19 *To Preſerve white Damſons.*

TAke to every pound of Damſons, one pound of fine Sugar, and a quarter of a pint of fair water; make your

your Sirrop, and ſcum it well, then take it from the fire; and when it is almoſt cold, put in your Damſons and boil them ſoftly, then take them off a while; and when they have ſtood a while, ſet them on again, and boile them apace; when you perceive them to be very cleer, put them into Glaſſes; and when they are almoſt cold, pour the Sirrop over them.

20 *To make Cake.*

TAke to a peck of flower, four pounds of Currants, well waſhed and dried, four pounds of Butter, one pound of Sugar, one ounce of Sinamond, one ounce of Nutmegs; beat the ſpice, and lay it all night in Roſewater, the next day ſtrain it out; then take a pint and a half of good Ale-yeaſt, the yolks of four Eggs and one white, a pint of Cream; put a pound of the Butter into the warmed Cream, or ſomething more, put the other into the Flower

Flower in pieces, then wet your Flower with this, and put in your Currants, and four or five ſpoonfulls of Carraway Comfits, let it lie one hour to riſe, then make it up, and put it upon a double paper buttered, then ſet it into an Oven very carefully heat, and let it ſtand two houres.

21 *To make Paſte of Barberies.*

TAke the pulpe of quodled pippens, and as much of the juice of Barberies, as will well colour it, then take the weight of it in fine Sugar, boile it to a Candy-height, with a litle water; then put in your pulpe, finely beaten, and boile it till it come from the bottom of the poſnet, always ſtirring it, then duſt your plate with ſearced Sugar; and drop it thereon, ſo dry them in a Stove.

22 *To make Paſte-Royal.*

TAke Marmalade before it be cold, and mould it up with ſearced Sugar, till it come to a perfect paſte, then roul it abroad, and duſt your moulds with Sugar, ſo print it, and dry it.

23 *To Preſerve Barberies.*

TAke a pound of ſtoned Barberies, then take twice their weight in fine Sugar, then ſtrip two or three handfulls of Barberies from their ſtalkes, and put them into a Diſh or Pot, with two ſpoonfulls or more of beaten Sugar; ſo ſtir them up and down, and when you ſee they are well plumped, ſtrain them; you muſt have as much of the juice of theſe Barberries as will wet your Sugar, that you preſerve your Barberries with, for you muſt put in no water; then boile your Sugar and juice, and put in your ſtoned Barberries, and boile them as faſt as you can, till you ſee they

they are very cleer, then put them up.

24 *To make Jelly of Currants.*

TAke your Currants clean picked from the ſtalks, and to a pound of them, take three quarters of a pound of hard Sugar; you muſt ſtrain them after they are weighed, then put your ſugar into a Skillet with as much fair water as will melt it; then boile it, and ſcum it, then put in your juice and boile it till it will Jelly.

25 *To make a Goosberry Cuſtard.*

TAke a pint and half of Goosberries, put them into a Skillet or preſerving pan, with a pint and half of fair water, ſcald them till they be very tender; then bruiſe them in the water, and ſtrain them, and boyl it with a pound and half of fine ſugar till it be of a good thickneſs; then put to it the yoalks of ſeven eggs, and a pint of Cream, with

with a ſliced Nutmegg, and a little Roſe-water; you may put in a little Musk or Amber-greece: ſtir theſe well together over the fire, and when you think it is enough, pour it into a Diſh, and when it is cold, eat it.

26 *To make Bisket.*

TAke a pound of ſearced Flower, as much fine ſugar ſearced, the whites of ſeven eggs, and ſix of the yoalks, beat them a little, then mingle the Flower and ſugar together, and put in ſuch ſpice and ſeeds as you ſhall like beſt, with a little Musk or Ambergreece, and a little Roſe-water; put all theſe with the eggs into a ſtone morter, beat them two hours, then butter your plates, and drop them on, then with a feather waſh them over with ſome Roſe-water and Sugar, and ſo ſet them into the Oven not too hot; let them ſtand about a quarter of an hour or little more.

27. *To make Perfumed Lozinges.*

TAke twelve grains of Ambergreece, and ſix graines of Muſk, and beat it with ſome Sugar Plate ſpoken of before, then roule it out in thin Cakes, and cut them like Diamonds, or make them round like Comfits, and ſo perfume a bottle of Wine with one of them.

28 *To Preſerve Goosberries.*

TAke your Goosberries and ſtone them, then take a little more than their weight in fine ſugar, then with as much water as will melt the ſugar, boyle it and ſcum it, then put in your Gooſberries and let them boyle apace, and ſcum them; when you perceive they are clear, take them up and put them into Glaſſes; then boile the Sirrop apace, till it will Jelly, and put it ſoftly over them.

29 *To Candy Iringoe Roots.*

TAke the Roots new gathered, without knots or joynts, then waſh them clean, and put them in boyling water, and let them boyle very tender, then waſh them in two or three waters, dry them in a cloath, ſlit them, then bread them in brades as you would have them, or twiſt them, then take twice their weight in fine ſugar, take half that ſugar, and to every pound of ſugar, one quarter of a pint of Roſe-water, and as much fair water, make thereof a ſirrop, then put the roots therein, and when they are tender and clear, wet the reſt of the ſugar with Roſe-water, and boyle it to a candy height, then put in the root's, boyle them, and ſhake them, and when you have ſhaked them up and down, till they are cold and dry, lay them on papers or plates till they are throughly dry, ſo put them into boxes: thus you may candy Orenges, or Lemmons, or Cittrons, or Lettice-Stalkes.

30 *To make Leach.*

TAke one ounce of Iſinglaſs, and lay it in water twenty four hours, changing the water three or four times, then take a quart of milke, boyle it with a little ſliced Ginger, and a ſtick of Sinnamond, one ſpoonfull of Roſe-water, and a quarter of a pound of Sugar, when it hath boyled a while, put in the Iſinglaſs, and boyle it till it be thick, keeping it ſtill ſtirring for fear it burn or turn, then ſtrain it, and keep it ſtirring that it cream not; when it is cold, you may ſlice it out; and ſerve it in upon plates, you may colour ſome with Saffron, and ſome with Turnſole, and lay one ſlice upon another, and it will look like Bacon; it is good for weak people.

31 *The Cordial Cherry-Water.*

TAke nine pounds of Red Cherries, nine pints of Clarret Wine, eight ounces of Sinnamond, three ounces of Nutmeggs;

Nutmeggs ; bruiſe your Spice, ſtone your Cherries, and ſteep them in the Wine; then adde to them half a handfull of Roſemary, half a handfull of Balm, one quarter of a handfull of ſweet Marjorum ; let them ſteep in an earthen pot four and twenty houres, and as you put them into the Limbeck to diſtill them, bruiſe them with your hands; make a ſoft fire under them, and diſtill them by degrees; you may either make ſeveral waters,or mingle them at your pleaſure ; when you have thus done,ſweeten it with Loaf-Sugar, then ſtrain it into another Glaſs, and ſtop it cloſe that no Spirrits go out ; you may (if you pleaſe) hang a bagg with Musk and Amber-greece in it; when you uſe it, mix it with Sirrop of Gilly flowers, or of Violets, as you beſt like ; it is an excellent Cordiall for Fainting Fits, or a Woman in Travail,or for any one who is not well.

32 *A most excellent water for the Stone or Wine-Collick.*

TAke two handfuls of Mead-parsly, otherwise called Saxafrage, one handfull of Mother-Time, two handfulls of Perstone, two handfulls of Phylipendula, and as much Pellitory off the Wall, two ounces of sweet Fennel-Seeds, the roots of ten Radishes sliced, steep all these in a Gallon of milk, warm from the Cow; four hours after this water is stilled in an ordinary Still, slice half an ounce of the wood called Saxafrage, and put into the bottle to the water, keep it close stopped, and take three spoonfulls at a time, and fast both from eating and drinking one hour after.
You must Still this about *Mid-Summer.*

33. *To take away the signes of the small Pox.*

TAke some Perma-cittee and put to it twice as much of the best Bees-wax, melt

melt them together, then ſpread it upon Leather like a Maſk, and cut holes for your Eyes and Mouth, then lay it on your face, and keep it on Night and Day.

34 *For Morphew, or Freckles, or to cleer the Skin.*

CAke the roots of Cuckoe-pint twice waſhed in fair water, and dryed in the Sun, and then waſhed in Roſe-water, and dryed, beat them fine, and keep them for your uſe; when you would uſe them, take half a pint of White-Wine, half a pint of Fumitory-water, two ounces of bitter Almonds, blanched and beaten ſmall, half a Nutmegg grated, the juice of a Lemmon, and as much Sugar-Candy as will make it a little ſweet, then put in one ſpoonfull of your Powder, and waſh your face morning and evening.

35 *A very rare Water, which hath reſtored many (as I can very well witneſs) out of deep Conſumptions.*

TAke a red Cock, pluck him alive, then ſlit him down the back, and take out all his Entrailes, cut him in quarters, and bruiſe him in a morter, put him into an ordinary Still, with a pottle of Sack, and a quart of milk, new from a red Cow, one pound of Currants beaten, a pound of Raiſins of the Sun ſtoned and beaten, four ounces of Dates ſtoned and beaten, two handfulls of Penny-royal, two handfulls of Pimpernel, or any other cooling herbe, one handfull of wilde Time, one handfull of Roſemary, and one handfull of Burrage, one quart of Red Roſe-water two ounces of Harts-horn, two ounces of Chiney: paſt up your Still very cloſe, and Still it with a ſoft fire; put into the glaſs wherein it droppeth, one pound of Sugar-Candy beaten very ſmall, twelve penny-worth of leaf-gold, ſeven graines of Musk, eleven graines of Amber-

Greece, ſeven graines of Unicorns Horn, ſeven graines of Bezar Stone; when it is all ſtilled, mix all the waters together, and every morning faſting, and every evening when you go to reſt, take four or five ſpoonfulls of it warme, for about a Moneth together. This hath Cured many whom the Doctors hath given over.

36 *To make Almond-Butter to look white.*

TAke about two quarts of water, the bottom of a Manchet, a blade of large Mace, boile it half an hour, then let it ſtand till it be cold; then take a pound of ſweet Almonds, blanched and beaten with Roſe-water very fine, ſo ſtrain them with this boiled water oftentimes, till you think the Vertue is out of them, then it will be a thick Almond-Milk; then put it into a Skillet, and make it boiling hot, and that it ſimpers; then take a ſpoonfull of the juice of Lemmon, and put into it, ſtirring of it in; and when you perceive it ready to turn, then take

take it from the fire, and take a large fine Cloth, and caſt it all over the Cloth with a Ladle; then ſcrape it altogether into the middle with a ſpoon, then tie it hard with a packthred, ſo letit hang till the next morning, then put it in a diſh, and ſweeten it with fine Sugar and Roſe-water,; you may put in a grain or two of Musk if you pleaſe.

37 *An Excellent Drink for the Tiſick.*

TAke a pottle of ſmall Ale, or indifferent ſtrong Beer, one pound of Raiſins of the Sun ſtoned, with a little handfull of penny royall, boile theſe together, and adde a little Sugar-Candy to it, the oftener you take it, the better; five ſpoonfulls at a time.

38 *Wallnut-Water, which is called the Water of Life.*

TAke green Wallnuts in the beginning of *June*, beat them in a Morter, and ſtill them in an ordinary Still, keep that

Water by it ſelf; then make a ſecond Water, gathering your Wallnuts about *Mid-ſummer*, or within a little after, uſe them as the other, keep that alſo by it ſelf, then take a quart of each, and mix them together, and Still them in a Glaſſe Still, and keep it for your uſe.

The Vertues.

IT will heal all manner of Dropſies and Palſies, Drank with Wine faſting; it is good for the Eyes if you put one drop therein, it helpeth the Conception in a Woman if She drink thereof, one ſpoonfull in Wine once a day; it will make them fair if it be waſhed therewith; it is good for all infirmities in the body, and driveth out all Corruption and inward Bruiſes, if it be drank with Wine moderately, or with Water; it killeth Worms in the Body; whoever drinketh much of it, ſhall live ſo long as nature ſhall continue in him; finally, if you have any Wine that is turned, put in a little Viol full of it, and keep it cloſe ſtopped, and

and within four dayes it will rectifie it again.

39 *To make Marmalade of Aprecocks.*

TAke the ripeſt, ſtone them, and pare them, and beat them in a morter, then boile them in a diſh over a Chaffing-diſh of Coales, till they are ſomewhat dry, then take their weight in fine Sugar, and boile it to a Candy-height with ſome Roſe-water, then put in your pulpe of Aprecocks, and boil them together till it will come from the bottom of the Skillet, ſtirring it alwayes for fear it burn.

40 *For to make Sirrop of Turneps.*

TAke your beſt Turneps and pare them, then bake them in a Pot, then take the cleere juice from them, and with the like weight in fine Sugar, boile it to a Sirrop.

41 *To make Wormwood-water.*

TAke four ounces of Anni-ſeeds, four ounces of Licoriſh ſcraped, bruiſe them well, with two ounces of Nutmegs; adde to them a good handfull of Wormwood, a Root of Agellico, ſteep them in three Gallons of Sack-Lee's and ſtrong Ale twelve houres, then diſtill them in a Limbeck.

42 *To make Jelly for a weak Body.*

TAke a red Pigg that is not fat, dreſſe it clean; boil it in a ſufficient quantity of fair water, with four ounces of Green Licoriſh ſcraped and bruiſed, Maiden Hair two handfulls, Colts-Foot one handfull, Currants half a pound, Dates, two ounces ſtoned; boil theſe to a ſtrong Jelly; then ſtrain it, and take off the fat, then put to it half a pound of Sugar, half a pinte of White-Wine, and clariſie it with the whites of two Eggs, and eat it at your pleaſure.

43 *An*

43 *An Almond Milk for a Feavour, Cordially to cool, though in Child-Bed.*

TAke, Roſemary-Water, Endive-Water, Lettice-Water, and Damask-Roſe-Water, of each a like quantity, and with Almonds blanched and ſtamped with Roſe-water, make an Almond-Milk which being ſtrained, ſet it to the fire, and heat it boiling hot, putting in a little Mace; ſo ſweeten it with Sugar, and drink it warm, when you go to Bed.

44 *An Excellent Cordial.*

TAke three graines of *Eaſt-Indian* Bezar, as much of Amber-Greece, powder them ſmall, with a little Sugar, and mingle it with a ſpoonfull and a half of the Sirrop of the Juice of Cittrons, one ſpoonfull of Sirrop of Clove Gilly-Flowers, and one ſpoonfull of Synnamond-water, warm it well and take it.

45 *To*

45 *To make Sugar Cakes.*

TAke a pound of Loaf-Sugar, beaten and ſearced, with four ounces of the fineſt Flower, put to it a pound of Butter well waſhed with Roſe-water, and work it with the Flower; then take the yolks of four Eggs, and beat them with four ſpoonfulls of Roſe-water, in which it hath been ſteeped two or three dayes before; put in Nutmeggs and Synnamond; then put to it ſo much Cream as will knead it to a ſtiff paſte, then roul it into thin cakes, and cut them out with a Wine-Glaſs, ſo prick them and bake them.

46 *To make black Juice of Licoriſh.*

TAke two Gallons of running Water, three handfuls of unſet Iſop, three pound and half of Spaniſh Licoriſh ſcraped, and dried in the Sun, and beaten; then cover it cloſe, and boil it almoſt a whole day; when it is enough, it will be as thick

thick as Cream, then let it ſtand all night, in the morning ſtrain it, and ſet it in ſeveral little pans in the Sun, to dry, till it will work like wax, then mould it well with white Sugar-Candy, beaten and ſearced, and print it in little Cakes with Seals, and dry them, and keep them.

47 *Doctor Stephens his rare Water.*

TAke a Gallon of good Gaſcoine clar-ret-Wine, of Ginger, Synnamond, Nutmeggs, cloves, Graines, Anni-ſeeds, Fennell-ſeeds, Carroway-ſeeds, of each one dram; of Sage, Red Mints, Roſes, Time, Pellitory, Roſemary, Wild Time, Camomile, Lavender, of each of them one handful; bray the Spice and Herbs, and put them into the Wine; let it ſtand ſo twelve hours, ſtirring it divers times, then diſtill it by Limbeck, and keep the firſt water by it ſelf, and ſo the reſt of your ſorts; ſet it in the Sun, all the Summer, and it will be the better.

48 *To make Marchpain according to the beſt Art.*

TAke two pound of *Jordan* Almonds, blanch them, and beat them very fine in a Stone Morter, with a little Roſe-water, then take one pound and a half of Sugar finely Searced, and when your Almonds are beaten to a very fine paſte, take them out of the Morter, and mould the paſte with a little ſifted Sugar, and let it ſtand one hour to cool; then roul it as thin as you would do for a Tart, and cut it round by the Plate, then ſet one edg about it, and pinch it, then ſet it on a bottom of Wafers, and bake it; when it is baked, take it out of the Oven, and Ice it with Roſe-water and Sugar and the white of an Egg, beat them well together and ſpread it on with a Bruſh; then put it into the Oven again, and when you ſee the Ice riſe white, and high, take it out, and ſet up a long piece of Marchpane firſt baked; in the middle of the Marchpane, ſtick it with ſeveral ſorts of Comfits, then

then lay on Leaf-gold with a Feather and the white of an Egg beaten.

49 *To Preserve green* Pippens.

TAke green Pippens and scald them carefully, then pill them, and put them into another warm water, and cover them till they are as green as you will have them, and that they are so tender that a straw may run to the Core; then to every pound of Apples, take a pound of the finest Sugar, and half a pint of Water, of which make a Sirrop; and when you have scummed it clean, put in your Apples, and let them boil a while, then set them by till the next day, then boil them throughly, and put them into Gally-Pots.

50 *To Candy Flowers the best way.*

TAke Roses, Violets, Cowslips, or Gilly-flowrs, and pick them from the white parts, then having Sugar boiled to a Candy-height, with a little fair

fair Water, put in as many flowers as your Sugar will receive, and continually ſtir them with the back of a Spoon; and when you ſee the Sugar harden on the ſides of the Skillet, and on the ſpoon, take them off the fire, and keep them with ſtirring in the warm Skillet till you ſee them part, and the Sugar lie as if it were ſifted upon them, then pour them on a paper while they are warm, rub them gently, then ſift them thorough a Cullender as clean as may be, then pour them upon a clean cloth, and ſhake them up and down till there be hardly any Sugar left hanging about them.

51 *To Preſerve Peaches*

TAke your Peaches when you may prick a hole thorough them, ſcald them in fair water, and rub the Fur off them with your thumb, then put them into a warm water, and cover them till they are green, then take their weight in Sugar, and a little water, boil it, and ſcum it; then put in your Peaches, and boil

boil them till you think they are enough.

Thus you may do green Aprecocks or Plumbs when they are green.

52 *To make Marmalade of Damſons.*

TAke two pound of Damſons, and one pound of Pippens pared and cut in pieces, bake them in an Oven, with a little ſliced Ginger; when they are tender, pour them into a Cullender, and let the Sirrop drop from them; then ſtrain them, and take as much Sugar as the Pulp weighs, boil it to a Candy-height, then put in the pulp, and boil it till it comes from the bottom of the Skillet.

53 *Marmalade of Wardens.*

TAke Wardens and bake them in an earthen Pot, cut them ſmall from the core, beat them in a Morter, then take their weight in fine Sugar, and boil it to a Candy-height, then put in your pulp, and a little beaten Ginger, and a grain or

two

of Musk, boil it till it will come from the bottom of the Skillet, always stirring it for fear it burn.

54 *Green Marmalade of Pippens.*

SCald them as you do the preserved green Pippens, then stamp them in a Morter, and take their weight in fine Sugar, boil it to a Candy height, then put in your pulp, and boil it till it comes from the bottonm of the Skillet.

55 *To Preserve green Walnuts.*

TAke green Walnuts, and steep them all night in fair water, in the morning pare them, and boil them in fair water, till they be tender enough to stick a Clove upon every one; then take a pound and a quarter of Sugar to every pound of Walnuts, and to every pound of Sugar take a pint of Rose-water, make a Sirrop of it, and scum it, then put in your Walnut, and boil them leasurely till they are enough; when they are almost enongh, dissolve

dissolve a little Musk or Amber-Greece in a little, Rose-water and put in, then boil them a little, aud put them in Gally-pots, This is a very Cordial Sweet-meat.

56 *To dry old Pippens.*

PAre them, and bore a hole through them with a little Knife or Piercer; and cut some of them in halfs, take out the Cores of them, as you cut them; then put them into a Sirrop of Sugar and Water, as much as will cover them in a broad Preserving-Pan, let them boil as fast as may be, taking them some times from the fire, and scumming them clean: When you perceive your Sirrop very thick, and your Apples cleer, then take them up and set them into a warm Oven till the next morning; then turn them, and put them in again: when they are dry, put them into Boxes: if you please to glister some of them; put them into the Candy-pot but one night, and they will look like Christal.

57 *An Excellent Bisket Cake.*

TAke four new-laid Eggs, and almoſt two of the Whites, beat them till you can take them up in a ſpoon; then put in ſix ſpoonfulls of Roſe-water, and beat them a quarter of an hour, then put in a pound of double-refined Sugar finely ſcearced, beat them together one hour; then put to them one pound of the fineſt Flower; then beat them well, and put them upon Plates buttered: ſet them in into the Oven as faſt as you can, have a care in the baking, for that is a very great matter: let not your Oven be too hot,

Ice them over with Roſe-water and Sugar, and the white of an Egg.

58 *To Preſerve Bulloſs as green as Graſs.*

TAke them freſh gathered, prick them with a Knife in two or three places: Scald them after the manner of your green

green Peaches, or green Pippens; then take their weight in Sugar, and make a Sirrop with a little water; then put in your Bulloſſe, and boil them till they are very cleer, and the Sirrop thick.

59 *To Preſerve Medlars.*

TAke them at their full growth, and pare them as thin as you can, prick them with your Knife, and par-boil them reaſonable tender; then dry them with a cloth, aud put them into as much clarified Sugar as will cover them; let them boil leaſurely, turning them, and ſcumming them, till they have well taken the Sugar; then put them into an earthen Pot, and let them ſtand till the next day, then warm them again half an hour; then take them up, and ſet them a dropping; then put into that Sirrop half a pint of Apple-water; I mean, Water wherein Apples have been boiled, and a quarter of a pound of freſh Sugar: When it will Jelly, put it to the Medlars in a Gally-Pot or Glaſs.

60 *To make Conſerve of Violets.*

LEt them be well picked,& when you have half a pound, ſtamp them in a Morter, and put two or three ounces of Sugar-Candy to them ; then ; take it out of the Morter, and lay it upon a white paper, then take the weight of it in fine Sugar, and boil it to a Candie height ; then put in your Violets, and let them boil a walme, or two, ſtirring them well : Cool it with a Silver Spoon, and between hot and cold,put them up.

91 *To Caſt all kind of things what you pleaſe, and put them into their Natural Colours.*

TAke half a pound of refined Sugar, boil it to a Candy height, with as much Roſe-water as will melt it ; then take your moulds, being made of Alabaſter, and lay them in water, an hour, before you pnt in the hot Sugar ; then when you have put in your Sugar, turn your

your mould about in your hand, till your Sugar be cool; then take out the ſhape of your fruit, whatever it be, and colour them according to the nature of the fruit.

62 *To dry Pears naturally without Sugar.*

PAre them, and leave the Stalks and Pips on them; then bake them in an earthen Pot, with a little White-Wine, and cover them in the Oven; then drain them from their Sirrop, and lay them on a Sive or thin Board in a warm Oven, and turn them often, till they are dry, then box them.

63 *To make a rare Cordial-water.*

TAke a Gallon of WhiteWine, two ounces of Mithridate, two ounces of Sinnamond, one handfull of Balm, a large handfull of Cowſlips, two handfulls of roſemary flowers, half an ounce of mace, half an ounce of Cloves, half an ounce of

of Nutmegs, ſteep theſe altogether four daies, let the ſpice be ſliced and bruiſed; they muſt be put in an earthen Pot, and covered very cloſe, then put them into an ordinary Still, paſte up the Still, and Still it leaſurely: ſave the firſt Water by it ſelf, and the ſmall by it ſelf, to give to children (when you have occaſion to uſe it) take a ſpoonful thereof, ſweetned with Loaf-Sugar; of the ſtrongeſt for a Man or a Woman, and of the ſmalleſt, for a Child. This Water is good to drive out any Infection from the Heart, and to Comfort the Spirits.

64 *Another Cordial-Water.*

TAke Collendine, Sage, Courſmary, Rue, Wormwood, Mug-wort, Scordian, Pimpernel, Scabious, Egrimony, Betony, Balm, Cardus, Centory, Penny-royal, Elecampane Roots, Tormentel with the Roots, Horehound, Roſaſolis, Mary gold Flowers, Angellico, Dragon, Marjerum, Time, Camomile, of each.

two

two good handfulls; Licoriſh, Zeduary, of each an ounce, ſliced the Roots, ſhred the Herbs, and ſteep them in four quarts of White-Wine, and let it ſtand cloſe covered two dayes, then put it in an ordinary Still coiſe paſted; when you uſe it, ſweeten it with ſugar, and warm it.

65 *To make Rasberrie-Wine.*

TAke Rasberries, and bruiſe them with the back of a ſpoon, then ſtrain them, aud fill a bottle with the Juice, ſtop it, but not too cloſe; let it ſtand four or five dayes; then pour it gently from the bottom into a ſtone Baſon, or any Tin Veſſel, and put as much Wine, either White, or Reniſh, as your juice will well colour; then ſweeten it with Loaf-ſugar, according to your taſte; put it up in bottles, and ſtop it cloſe; the longer you keep it, the better.

66 *To Preſerve Orenges in Jelly.*

TAke the thickeſt rin'd Orenges, pare them very thin, lay them in water three or four dayes, ſhifting them every day; then boil them in ſeveral waters till a ſtraw will run through them, then let them lie in a pan of water all night, then dry them gently in a cloth, then take to every pound of Orenges, one pound and a half of ſugar, and a pint of water, and make thereof a ſirrop; then put in your Orenges, and boil them till you ſee they are vety clear, then put your Orenges, into a ſive that they may drain; and put for every pound of Orenges one quarter of a pint of water (wherein ſliced Pippens have been boiled) into your ſirrop, and to every quarter of a pint of that water, adde a quarter of a pound of freſh ſugar; boil theſe together, and it will be a quaking Jelly.

67 *To make Rosa-Solis.*

TAke a pottle of Aqua-Composita, & put it into a glass, then take a good handfull of Rosa-solis clean picked, (but not washed) put it into the Aqua-Composita; then take a pound of Dates small beaten, half a penny worth of long Pepper, as much of Graines, and of round Pepper, bruise them small; take also a pound of Sugar well beaten, a quarter of a pound of Powder of Pearl, and four, or six leaves of Book-Gold; put all these in your AquaComposita, and stir them well together in your Glass; then cover it very close, and let it stand in the sun fourteen dayes, ever taking it in at night; then strain it, and put it into a close bottle, and use it as you have need; when you gather the Rosa-solis, you must not touch the Leaves with your hands.

68 *To make Chriſtal Jelly.*

TAke a Knuckle of Veal, and two Calves Feet, lay them in water all night, then boil them in ſpring-water, till you perceive it to be a thick Jelly; then take them out, and let your Jelly ſtand till it be cold; then take the cleereſt, and put it into a Skillet, and ſweeten it with Roſe-water, and fine ſugar; put in a little whole Spice, ſuch as you love, and if you pleaſe, a grain of Musk: when it hath all boiled together, let it ſtand till it be cold. This is very good for a Weak, or ſick Body.

69 *To make Chiney Broth for a Weak Body.*

TAke three ounces of Chiney, ſliced thin, and three pints of fair water, half an ounce of Harts-horn, let it ſteep together twelve hours, then put in a Red Cock quartered and bruiſed, one ounce of Raiſins of the Sun ſtoned, one ounce of Currants, one ounce of Dates, one

Dates, one Parſley root, one Fennel root, (their pith taken out,) a little Burrage and Bugloſs, two ſpoonfull of Barley; boil all theſe things together twelve hours.

70 *The Heart-water.*

TAke five handfuls of Roſemary Flowers, two drams of red Corral, two drams of white Corral, two drams of Powder of Pearl, two drams of white Amber, two drams of Sinnamond, two pound of the beſt Pruens, ſix pints of Damask Roſe-water, two pints of *Sack*; your Pruens muſt be ſtoned; put all theſe into a Pipkin never uſed, ſtop it up with paſte; let them ſtand upon a ſoft fire a little while; then Still them in an ordinary Still.

71 *To make Court-Perfumes.*

TAke three ounces of Benjamin, lay it all night in Roſe-buds, the whites being cut off, beat them very fine in a ſtone

morter, then take the Benjamin, and beat with the roſes, till it come to a perfect paſte, then take it out, and mingle it with half a quarter of an ounce of Muſk finely beaten, as much Civet; mould them up with a little fine Sugar, then make them in little Cakes, and dry them between two Roſe leaves, each of them.

72 *To make Aqua-Mirabilis.*

TAke three pints of Sack, one pint of Aqua-vitæ, half a pint of the juice of Cellondine; Cloves, Mace, Nutmegs, Ginger, Citbebes, Cardumus, Gallinga, Mullets, one dram of each of theſe; lay all theſe to ſteep in a Glaſs Still all night cloſe covered, and the next day Still it: it is a moſt delicate Cordial.

73 *A Sirrop for a Cold.*

TAke Long-wort of the Oake, Sage of *Jeruſalem*, Hiſſop, Colts-foot, Maiden-hair, Scabeous, Hore-hound, one handful

handful of each of theſe; four ounces of Licoriſh ſcraped, two ounces of Anniſeeds, half a pound of Raiſins of the Sun ſtoned; put all theſe in a Pipkin, with four pints of Spring-water; let them ſtand all night to infuſe, cloſe ſtopped; when it is half boiled away, ſtrain it out; to every pint of Liquor, take a pound of Sugar, and boil it to a Sirrop.

74 *To make white Jellied Marmalade of Quinces.*

TAke your Quinces, and quoddle them render, then pare them and lay them by; then take raw Quinces, pare them and grate them, then ſtrain the juice of them; then weigh your quoddled Quinces, when you have ſliced them thin from the Core, and take and take rather more than the weight in fine Sugar; wet your Sugar with the juice of your raw Quinces, & boil it, & ſcum it, then put in your ſliced Quinces, and boil it, till it will Jelly, then put it into Glaſſes.

75 *To make the white Juice of Licoriſh.*

TAke a pound of Licoriſh clean ſcraped, and cut in ſhort pieces, then dry it in an Oven, and beat it ſmall in a Morter, then put it in a glaſs or ſtone Jugg, never uſed with Beer; and put thereto, as much of the Water of Colts-foot, Scabeous, Iſſop, and Hore-hound, as may ſtand four Fingers deep above the Licoriſh, then ſet this Jug cloſe ſtopped into a Kettle of Water, and let it be ſtuffed round with hay that it jog not; let it ſtand in the boiling water four hours, and ſo do each other day, for the ſpace of ten dayes; then ſtrain it out into a diſh, and ſet the diſh over boiling water, and let it vapour away a little, then add to it a pound of white ſugar-Candy finely beaten, then put it into ſeveral diſhes, and dry it in the ſun, or in a warm Oven, beating it often with bone-Knives till it be ſtiff; then uſe ſo much of Gum-Dragon ſteeped in

in Roſe-water as will ſufficiently bend it, that it may be made into little roules, adding a little Muſk or Oile of Anniſeeds, and make ſome into little Cakes, and print them with a ſeal, and dry them.

79 To make Quinteſcence of Quinces.

WIpe your Quinces clean, but core them not; boile them, but not very tender; then pare them and cut them in quarters, wring out the juice of every quarter through a ſtrainer while they be hot, then ſet it on a Chaffing-diſh of Coals, till half a quarter of it be waſted away, then take the weight of it in fine ſugar, and boile it to Candy-height with a little faire water; then put in your juice of Quinces, and let it ſtand over a ſlow fire till you ſee it will Jelly.

77 *To make Sirrop of Hore-hound*

TAke of Hore-hound two handfuls, Colts-foot one handful, Time one handful, Pennyroyal and Calamint one handful of each; two drams of Licoriſh, one ounce of Figgs, one ounce of Raiſins of the ſun ſtoned, the Kernels of plumbs a quarter of an ounce, Anniſeeds and Fennel-ſeeds of each a quarter of an ounce; boil theſe in a Gallon of fair water till it come to a pottle; then ſtrain it, and boil it with three pounds of ſugar, till it comes to a thick ſirrop.

78 *To Preſerve Rasberries.*

TAke your faireſt, and pick them very clean; then take their weight in fine ſugar, wet with water, boil it and ſcum it, then put in your Rasberries, and boile them up very quick, ſcumming them often; take them off ſometimes, and ſhake them gently;

gently; when you ſee they are very cleer, take them up one by one with a Needle, and ſet them in order in your Glaſſes, then ſtrain your ſirrop, and boil it, till it will Jelly, and put it to them.

79 *To make white Jellyed Marmalade of Quinces.*

TAke quoddled Quinces, and ſlice them very thin, then take their weight in fine ſugar, wet it with water wherein Pippens have been boiled; boil it, and ſcum it, then put in your Quinces; boil it till it be very clear; and that the ſirrop will Jelly; Then put it into Glaſſes.

80 *To dry Plumbs naturally.*

TAke any ſort of plumbs, and prick them, and put them into the bottom of a Wooden Sive, duſt the Sive with flower of mault, to keep them from ſticking, then put them into the warm Oven, and let them ſtand all night; the next morning turn them, waſh the Sive, and dry it again, duſt it as before, and ſo dry them in a warm Oven, three or four times, till you may handle them, then put them in an earthen Platter; and when they are dry, Box them up, and keep them dry.

81 *To dry Preſerved Pears.*

TAke Preſerved Pears, and waſh them out of the Syrup, then take ſome fine Sugar and boil it to a candy height, then put in the Pears, and ſtir them with a Scummer three or four times in the Sugar, then take them out, and lay them upon a Sive in a warm Oven, and in one night

night they will be dry; then keep them in a warm place for a week, and ſo you may eaſily keep them all the year.

82 *To make Almond Cakes.*

TAke three or four ſpoonfuls of Roſe-water, put into it two grains of Amber-greece, then take a pound of ſweet Almonds, blanch them, and beat them into a paſte with ſome of this water, then take a pound of ſearced Sugar, and mingle your Almonds with ſome of it; then make your Cakes and lay them on Wafer Sheets, and when they are half baked, have the reſt of the Sugar boiled to a Candy height with a little Roſe-water, and waſh them over with it, with a bunch of Feathers, and let them ſtand a while longer, and then take them out, and when they are cold, put them up.

83 *To make Currance Cakes.*

TAke a quart of fine flower, and the yolks of Eggs, four will be enough,

a penny weight of Saffron dryed, and bruiſed fine, and ſtrained with a little Cream into the Flower; then put in a quarter of a pound of Sugar, a little Roſe-water, and as much Cream as will work it into a paſte, it muſt be very well wrought, and beaten with a Rowling-pin; then roul it as thin as Wafers, then cut them round, and have in readineſs two pounds of Currance very clean picked, waſhed, and dryed, then lay upon a ſheet of your paſte, in the middle, ſome of your currance, with a little of what Syrrup you pleaſe; then cover them with another Sheet, and cloſe it with a little Roſe-water, and ſo bake them in a temperate Oven, and keep them dry as long as you pleaſe.

84 *To make the Plague-Water.*

TAke Roſemary, red Balm, Burrage, Angellico, Cardus, Cellondine, Dragon, Featherfew, Worm-wood, Penny-royal, Ellecampane-roots, Mug-wort, Dural, Tormentil, Egrimony, Sage, Sorrel,

rel, of each of these one handfull, weighed, weight for weight, put all these in an earthen pot, with four quarts of White-Wine; cover them close, and let them stand eight or nine daies in a cool cellar, then still it in a glass still.

85 *To make Treacle-water.*

TAke a pound of old *London*-Treacle, a pound of the Roots of Ellecampane, Gentian, Ciprus, Tormentil, of each one ounce; of Cardus and Angellico half an ounce; of Burrage, Bugloss, Rosemary-flowers, one ounce of each: infuse these in three pints of White-Wine, one pint of spring-water, two pints of Rose water, and so distill them in an ordinary still pasted up.

This is excellent for Swounding fits, or Convulsions, or to expel any venemous Disease, and it also cures Agues.

86 *To make Quince Cakes.*

TAke Quinces, pare them, and core them, put them into so much Spring-

water, as the Quinces may boil without burning; when the water taſteth ſtrong of the Quince, and feeleth ſomething ſlippery, ſtrain the Quinces thorough a Laune, then take the weight of your Liquor in double Refined Sugar; boil your Sugar to a Candy height with a little fair water; then put in your Liquor, and ſet it over a ſoft fire, till you find it will Jelly.

87 *To make Snail Broth.*

TAke a Cock-Chicken, and fill his Belly with five-leaved Graſs, Bugloſs, Endive, Egrimony; when it is half boiled, put in a hundred of Snails taken out of their ſhells, and well purged with ſalt, and waſhed clean, and dryed in a cloth, put in a little Mace in the Broth, and drink of it every morning.

88 *To make Conſerve of Barberies.*

TAke them clean picked from the ſtalks, and put them into a long Gal-

ly

ly-Pot, ſet that Pot into a Kettle or Pot of ſeething water, and ſtuff it round with hay, cover your Gally-Pot, and let it ſtand till your Barberies are thorough hot, then ſtrain them, and to every pound take a pound of Liquor, take a pound of fine Sugar, boil them together, till it will come from the bottom of the Skillet; then put it into Gally-Pots.

89 *To make Syrup of Violets.*

TAke your Violets clean picked from the whites, and for every ounce of Violets, take two ounces of water, ſo ſteep them upon embers, till the water be as blew as a Violet, and that the Violets be turned white, then to every quart take four pounds of fine Sugar, and boile it to a Syrup, and keep it for your uſe.

90 *To make Syrrup of Licoriſh:*

TAke four ounces of Licoriſh, ſcraped very clean, and bruiſed well,

Maiden-hair

Maiden-hair one ounce, Anniſeeds and Fennel-ſeeds, half an ounce of each, ſteep them in four pints of rain-water or ſpring-water, half a day, then boil it half away, then take one pound of fine Sugar, boile them together, till it be a thick Syrup.

91 *To make Red Jellied Marmalade of Quinces.*

PAre your Quinces, and core them; and as faſt as you do them, throw them into cold water; to keep their colour, then cut them in thin ſlices, and ſtill throw them into water, then to every pound of theſe Quinces, take three quarters of a pound of Sugar, then lay a layer of Sugar into your Pan, and then a layer of Quinces, and ſo do till all are in; then be ſure that the upper layer be Sugar, then ſet them on a ſlow fire, and cover them very cloſe; when you ſee they grow tender, and begin to look red, then boil them apace, till it be very cleer and

and the Syrrup Jelly, then put it up.

92 *A pretty Sweet-meat taught me by a Jew.*

TAke half a pound of blanched Almonds beaten very fine, with a little Roſe-water, two ounces of the leaves of Damask-Roſes beaten fine, then take half a pound of Sugar, and ſomething more, and wet it with Roſe-water, boil it to a Candy height, then put in your Roſes, and Almonds, with a grain or two either of Musk or Amber-greece, and boil them a little while, and put them up.

93 *To make Jelly of Harts-horn.*

TAke two quarts of fair-water, and ſix ounces of Harts-horn; when your water is warm, put in your Harts-horn, and let it infuſe upon embers all night, then boil it till the ſpoon feels very clammy, then ſtrain it, and put to it half a pound of Sugar or more, a little Roſe-water, a ſpoonful of Cinnamon-

water

water, the juice of six Lemmons, and two grains of Amber-greece, and so set it over a slow fire till it will Jelly, then put it into thin glasses.

64 *To Preserve sweet Lemmons.*

TAke the faireſt, and lay them in water three dayes, shifting them every day twice; then chip them very thin, and boil them in several waters till a straw will run thorough them; then to every pound of Lemmons, take a pound and a half of fine Sugar, and a pint of Water, make thereof a Syrup; then put in your Lemmons, and let them scald a little; then set them by till the next day, and every other day heat the Syrup only, and put to them; so do for nine dayes, then boil the Syrrup and Lemmons together, till you see the Lemmons very cleer, then boil your Syrup a little more, and pour it over them; if you would have them in a Jelly, you must make your *S*yrup with Pippin water.

95 *To make Orenge, or Lemmons, or Citron Chips.*

TAke the thin Chips of either of theſe, and boil them in ſeveral waters till they be very tender, then put them into cold water a while, then ſtrew good ſtore of beaten Sugar on them in a diſh, or ſuch like, and boil them, ſtirring them, till the Sugar comes to Candy, then put them out, and open them one by one, and lay them on papers to dry.

96 *To make Chips of any fruit.*

TAke your preſerved fruit, and drain it from the Syrup, then ſlice it in thin Chips, and boil a little Sugar to a Candy-height; then put in your Chips of fruit, and boil them a little, then lay them out to dry.

97 *To make a good ſweet-meat of the parings of Apricocks.*

BOil them very well, and drain them from the water, then put them into Sugar boiled to a Candy-height, and boil them extraordinary well, then lay them upon glaſs-Plates, in what faſhion you pleaſe, and dry them in a *Stove*, turning them twice a day, and every time you turn them, ſtrew on ſome ſearced Sugar.

98 *To make Snail-Water*

TAke a peck of *Snails* (with the houſes on their backs) have in readyneſs a good fire of Charcoal well kindled, make a hole in the midſt of the fire, and caſt in your *Snails*, and ſtill renew your fire till the *Snails* be well roaſted, then rub them with a fair cloth, till you have rubbed off all the green that will come off, then put them in a morter and bruiſe them, (ſhells and all) then take Clarie,

Clarie, Cellondine, Burrage, Scabeous, Bugloſs, five-leaved Graſs; and if you feel your ſelf hot, VVood-Sorrel; of every one of theſe a good handful, with five tops of Angelico; theſe herbs being all bruiſed in a Morter, put them in a ſweet earthen Pot, with five quarts of VVhite-VVine, and two quarts of Ale, let them ſteep all night, then put them into a Limbeck; let the herbs be in the bottom of the pot, and the Snails upon the herbs, and upon the Snails, put a pint of Earth-VVorms ſlit, and clean waſhed; then put upon them four ounces of Anni-ſeeds or Fennel-ſeeds, which you pleaſe, well bruiſed, and five great handfuls of Roſe-mary-flowers well picked, two or three Races of Turmerick thin ſliced, Harts-horn and Ivory, of each four ounces well ſteeped in a quart of VVhite VVine, till it be like a Jelly; then put them all in order into the Limbeck, and draw it forth with care.

99 *A Custard for a Consumption.*

TAke four quarts of new milk from a red Cow, four ounces of Conserve of red Roses, Powder of Pearl, and white-Amber, a dram of each; two ounces of white Sugar-Candy, one grain of Amber-greece, put all these into an Earthen Pot pasted over, set it into an oven twelve hours with brown bread.

100 *To make Spanish Chaculate.*

BOile some water in an earthen Pipkin a quarter of an hour; then sweeten it with Sugar, then scrape your Chaculate very fine, and put it in, boil it half an hour; then put in the Yolks of Eggs well beaten, and stir it over a slow fire till it be thick.

101 *To Preserve Goosberries to look like Hops,*

TAke of the faireſt green Goosberries, and pick them well, and cut them a cross at the blossom end, then pick out all the Seeds with a little bodkin,

kin, then take the Thornes of the Haw-Thorne, and firſt put on one of the leaſt, then a bigger, till you have put on ſeven or eight of your Goosberries, ſtill ſtretching every one over the other with your Fingers and Bodkin, that they may look like Hops; then take their weight in fine Sugar, and wet it with water; boil it, and ſcum it; then put in the Goosberries, and boil them, till they are very cleer as glaſs, then put them into Glaſſes, and put the Syrup over them after you have boiled it a little.

102 *To dry black Pear-Plumbs, or white, or Damſons, or white Bulloſs.*

TAke a pound of any of theſe Plumbs, and three quarters of a pound of Sugar, wet your Sugar with water, and boil it almoſt to a Candy-height; then take it from the fire, and put in your plumbs, being ready ſtoned; thoſe that will ſtone, put them into the Syrrup, with the ſlits downwards; then ſet them on a ſoft

ſoft fire, and let them boil very ſoftly, if they be black ones; if white, a little faſter; then ſet them by till the next day, then boil them well, taking them off ſometimes for fear of breaking; let them lye in their Syrup four or five dayes, then lay them out upon Sives with the ſlit ſide upwards; then ſet them into a warm Oven or hot Stove, turning them upon clean Sives twice a day, filling up all the broken and hollow places with ſome broken pieces of Plumbs; pull the skins as cloſe as you can, and when they are dry, waſh off the clammineſs with warm water, in which you muſt juſt dip them, then dry them in a cloth, and put them into the Oven again; when they are dry, put them into the Oven again for one day.

103 *To make Jelly of Quinces.*

TAke your Quinces, pare them, and core them, cut them in quarters, then take a new earthen-pot, which will hold a Gallon, with a narrow mouth, put in

in three or four handfuls of the Cores in the bottom, then the Quinces, ſo paſt it up and ſet into the Oven with houſhold bread; then run them through a bag of boulting ſtuff, with as much ſpeed as may be, and wring it between two Trenchers ſo long as it will run clean from dregs; to every pound of Liquor, take a pound of fine Sugar; put your Sugar into your Liquor, and let it ſtand till it be diſſolved, then ſet it upon Embers till the ſcum riſe, then ſcum it well, and put for every pound of Jelly, one ſpoonfull of Roſe-water; then boil it, and keep it ſtirring till it will Jelly.

Then put it into Boxes, or Glaſſes.

104 *To make Quideny of Rasberries, or Currance.*

BRuiſe them well with the back of a Spoon; then put them into a long Gally-Pot, and ſet them into a Kettle or Pot of Water covered, and when they have been in the boiling water about three hours, then ſtrain it out; and to every pound of Liquor, take a pound of Sugar, ſet it with water, and boil it to a Candy-

dy-height; then put in your Liquor, and keep it ſtirring for a quarter of an hour over a ſoft fire; but be ſure it doth not boil; then put it into Glaſſes.

105 *To make a Poſſet without milk.*

TAke a quart of White Wine, and a quart of water, boil them with Mace, Nutmegs and Cinnamon; then take twelve Eggs and put away half the whites; beat the Eggs very well, then take the Wine off the fire, and put in your Eggs, ſtir them very well; ſet it on the fire, and keep it ſtirring till it be thick; ſweeten it with Sugar to your taſte, and put in a little Amber-Greece.

106 *To make a Sack Poſſet.*

TAke two quarts of Cream, boil it with Nutmegs, Cinamon and Mace, then take twelve Eggs and beat them well, and ſtrain them; then take your Cream off the fire, and put in your Eggs, and as much Sugar as you ſhall think fit, ſtir them very well; then ſet them

them on the fire till it be ready to boil; then take it off and ſtir it, till it be half cold, then put in your Sack warmed, and ſet it on the fire again, and put your ſpoon to the bottom; and when it begins to riſe in great flakes, then take it off, put it into ſuch baſons as you will have it put in.

107 *To make a Poſſet another way.*

TAke a quart of Cream, and boil it with Spice, as you do the other; then take the yolks of thirteen Eggs, and three whites, take the Cream from the fire, and preſently put in the Eggs well beaten; then have your Sack ready in a Baſon, ſeaſoned with Sugar; then Stir your Eggs and Cream well together, and put them into your Sack, Stir them well together too, and have in readineſs a little Amber-greece, and fine Sugar, beaten together, and ſtrew upon it.

108 *To Preſerve Pippens in thin ſlices.*

TAke of the faireſt Pippens, pare them and ſlice them into cold water, to every pound of Pippens, take a pound of *Sugar*, and a pint of water, make thereof a *Sirrop*; then ſhake your Pippens from the water, and put them into the *Sirrop*: when they are beginning to be cleer, put in ſome green Citron in thin ſlices, and ſome Orenge Chips; and when you perceive them to be very cleer, put to a pound of Pippens the juice of one Lemmon and two Orenges; then boil them a walme or two, and put them into glaſſes, carefully, and betwixt every layer, put ſome Citron, and Orenge Chips, and ſo at the top; then heat the *Sirrop*, and put it over them.

109 *To Preserve white or red Currance.*

TAke of your faireſt, and pick them from the ſtalkes, ſtone them, then take their weight in *Sugar*, wet it with water, and boil it, and ſcum it, then put in your Currance as hot as may be; then ſet them on the fire, and blow them up quick, and take them off ſometimes, and ſhake them, and ſcum them; when you ſee they will Jelly, put them into Glaſſes.

110 *To dry all ſorts of Plumbs.*

TAke to a pound of Plumbs, half a pound of *Sugar*, or a little more; wet your *Sugar* with water, and boil it to a Candy-height; ſtone the Plumbs, and put them into the *Sirrop*; when they have boiled a little, take them off, and turn them till they be cold; then boil them again for a quarter of an hour very leaſurely, then let them ſtand till

they be cold, thus do four or five times; then let them ſtand three or four dayes, then boil them very well, then let them ſtand three dayes more, then lay them out upon *Sives*, and ſet them into a warm oven or *Stove*, turning them upon clean *Sives* twice a day; when they are dry, waſh off the clammineſs with warm water, and put them again into the Oven till they be dry.

111 *To Preſerve ripe Aprecocks.*

TAke of the faireſt Aprecocks not too ripe, ſtone them, and weigh them, then take their weight in *Sugar*, beat it fine, and as you pare your Aprecocks, ſtrew *Sugar* over them, then ſet them over a ſoft fire, and let your *Sugar* melt; ſtir them gently, that they do not break, ſcum them often, when they have boiled a while, ſet them by, the next day boil them till the *Sirrop* be very clear, and thick, and the Aprecocks as clear as glaſs, then put them up.

112 *To Preſerve Cornelions.*

TAke of your faireſt Cornelions, and weigh them, take their weight in Sugar, and lay a layer of Sugar into your Pan, and then a layer of Cornelions, ſo do till all are in, and let your laſt Layer be Sugar; then put a little water into the midſt of the Pan, and ſet them on the fire; and when the Sugar is melted, boil them up quick, and take them off ſometimes, and ſhake them, and ſcum them; when you perceive they are very cleer, put them into Glaſſes.

113 *To Preſerve Damſons.*

TAke of the faireſt, not over ripe, take their weight in Sugar, wet it with water, then boil it, and ſcum it, and put in your Damſons with the cleft ſide down-ward, being notched in the cleft; when you have half boiled them, ſet them by, the next day boil them well, and put them up.

114 *To make Orenge Marmalade.*

TAke of your beſt coloured Orenges, and lay them in water nine dayes, ſhifting them every day; then chip them very thin, and cut them in halfes, take out all the meat, then boil them in ſeveral waters, till a ſtraw will run thorough them; then lay them on a clean cloth till they are cold, then pick them clean from ſpeckles and ſtrings; then take three quarters of a pound of Orenges, and a quarter of a pound of Pippens pared and cored, and cut in quarters, and boiled in fair water; then take a pound of Sugar, and half a pint of water, boil it, and ſcum it; cut your Orenges like Dice, and put them into your Sirrop, and Pippens; then take ſome Orenge chips ſhred very ſmall, and put them in, boil all theſe together, and ſtir them alwayes, for fear they burn; when it is almoſt enough, which you may perceive by the cleerneſs, put in the juice of two Orenges, and a little Lemmon, then boil it a while longer,

longer, and when you think it is enough, put it up.

115 *Another way for Orenge Marmalade.*

TAke half a pound of Orenge Chips very tenderly boiled in ſeveral waters; then beat them extream fine in a morter; then take half a pound of Pippens beaten in a morter; then take a pound of fine Sugar, wet it with water, and boil it, and ſcum it, then put in your Orenges and Pippens, boile them together till they are cleer, ſtirring them often; then put in the juice of one Orenge, and one Lemmon, and then boil it a little longer, and put it into Glaſſes.

116 *To make Jelly of Pippens.*

TAke Pippens, pare them, and ſlice them into cold water; then boil them very quick till the water be very ſtrong of the Pippens, then ſtrain them; and to every pound of Liquor, take a

pound of fine Sugar, and boil it together; then put in ſome Orenge Chips cut in ſmall flakes; when it is almoſt enough, put in the juice of ſo much Lemmon as you ſhall think fit, then boil it a little more, and put it into Glaſſes.

117 *To make Cleer-Cakes of Tippens.*

TAke Pippens, pare them, and cut them in thin ſlices from the Core, put them in a long Gally-Pot, and ſet it into a Pot of ſeething water, cover them cloſe, and let them ſtand till liquor will run from them; then pour the Cleereſt, then take the weight thereof in fine Sugar, then boil the Sugar to a Candy-height with a little water, then put in your juice of Pippens, and ſet them over a ſlow fire till you ſee it will jelly, but let it not boil; when it is almoſt enough, put in a little juice of Lemmon; then let it ſtand a while longer, and put it up.

Thus you may make Cleer-Cakes of any fruit, only leave out the juice of Lemmons.

With

With the Pippens (from which the juice runs) you may make Marmalade; or if you will beat it in a morter, you may make Paſte of it.

118 *To Candy Angellico.*

TAke of the fineſt green ſtalks which are tender, boil them in water till they are tender; then pill them, and lay them on a clean cloth, take their weight in Sugar, and boile it to a Candy-height with Roſe-water; then put in your Angellico, and boil it up quick; then take the ſtalks one by one, and lay them on a Pye-plate, and as they coole, open them with a little ſtick, that they may ſtand hollow, and then turn them till they are dry.

119 *To make Seed-Stuffe of Rasberries.*

TAke Rasberries, and bruiſe them with a Spoon; then take their weight in fine Sugar, and boile it to a Candy-

height with a little fair water; then put in your Rasberries, and ſtir it over a ſoft fire till you find it be enough, but do not let it boile.

120 *To make Sirrop of Gilly-Flowers.*

TAke Clove-Gilly-flowers, and cut them from the whites; then take their weight in Sugar and beat it fine; then lay a layer of Sugar into a Gally-Pot; and then a layer of Gilly-flowers; and then a layer of Sugar again, and ſo do till all are in; then ſet it into a Pot of boiling-water, and cover it cloſe, till the virtue of the Gilly-flowers be in the Sugar; then ſtrain it out, and vapour it away over a ſoft fire, till it be thick enough; the Gilly-flowers that you ſtrain the Liquor from, will be an excellent Sallad, if you put them into a Gally-pot, with ſome White-Wine-Vinegar, and ſtrew fine Sugar on the top, and ſo keep them.

As you make the Sirrop of Gilly-flowers,

flowers, you may make Sirrop of any Herbe or Flower, and it will be a great deal better than any *Sirrop* that is made any other way, and will be much ſtronger.

121 *To make an Excellent Cake.*

TAke to a ſtrik'd peck of flower ſix pound of Currance, half an ounce of Mace, half an ounce of Cinnamon, a quarter of an ounce of Cloves, a quarter of an ounce of Nutmegs, half a pound of fine Sugar, as much Roſe-water as you pleaſe; put the Spice and the Fruit into the Flower, then take new milk, as much as you think fit, diſſolve therein two pounds of freſh Butter; then put it in a Baſon, with the Sugar, a pint of Sack, and a little ſalt; knead it with a wine-pint of Ale-Yeaſt beaten with a ſpoon, and ſtrewed in after you have mingled your Liquor together, knead it till it riſe under your hand; let all your things be ready, and your Oven hot before you go to knead your Cake.

122 *To make Pommatum the best way.*

TAke the Caul of a Lamb new killed, pick it clean from the skin, and lay it in Spring-water nine dayes; then being ſhifted every day, melt it; then take yellow Snailes, ſtamp them, and put them in a Glaſs with Roſe-water four dayes; ſtop the Glaſs, and ſhake it three or four times a day; then take White-Lilly-roots, ſtamp them, and ſtrain them, put the juice of them into the Glaſs with the Snailes; then ſet a skillet upon the fire, and put in water into it, and let the water boile; then put your tryed Lambs-Caul into a Silver, or Earthen Baſon, and let it melt; then take your Glaſs with your Snailes, and Lilly-roots, and ſtrain it through a thick cloth; then put it into the tryed ſtuff; then put in half an ounce of White Sugar-Candy unbeaten, keep it ſtirring, till that be diſſolved; then put in three ounces of Oile of ſweet Almonds; then keep it boiling and ſtirring a little longer; then take it off, and let

let it ſtand till it be reaſonable coole; then beat it with a wooden ſlice till it be as white as Poſſible may be; then put in a little Roſe-water, and beat it a little longer; then put it in Gally-Pots.

You muſt put in a cruſt of bread (of wheaten-bread) when you melt it in the Skillet; and when you put in the Sugar-Candy, you muſt take out the bread.

123 *A very good Cake.*

TAke to half a peck of Flower, three pound of Currance, four Nutmeggs, four Races of Ginger, ten Cloves, four Eggs, yolks and whites beaten well; one quart of boiled Cream, two pounds of Butter, a Porrenger full of Ale-yeaſt, a quarter of a pound of Sugar; rubb your Butter into your Flower very well; then take your Spice well beaten, and your Currance, and mingle them with your Butter and Flower; then take your Cream pretty hot, and take your Eggs and Yeaſt, and put it into the Creame, and mingle them well together;

together, and ſtrain them into your Flower; mingle it with your hands very well, and lay it a riſing before the fire a little while; then make it into a Cake, and let it ſtand two houres in the Oven.

124 *To make the Bean-bread.*

TAke a pound of the beſt Jordan Almonds, blanch them in cold water, and put them into another water; then cut them with ſharp Knives the long way, as thin as poſſibly you can; then take a pound of the fineſt Sugar finely beaten, and mix it with your hands with the Almonds; then take the whites of two Eggs, and beat them to a froth with a little Roſe-water, & caſt the froth upon your Almonds till you think you have enough; then mix it with a ſpoon, and lay it upon Waffer-ſheets, over plates that are flowered, and ſhape them as you pleaſe; then ſtrew on ſome thin Chips of green Cittron, and ſome Carroway and Corriander Comfits; ſet them into an Oven not too hot, and when they have ſtood

ſtood a quarter of an hour; then raiſe them off their Plates, and mend their bottoms, if need be, then ſet them into the Oven again, and when they are quite dry, clip them neatly round the edges, and lay on ſome leaf-gold with the white of an Egge beaten: this do with a Feather.

125 *To make Carroway-Cake an excellent way.*

TAke five pound of Manchet-paſte, mingled ſtiff, and light, without ſalt; cover it, and let it be riſing half an hour; when your Oven is almoſt hot, take two pound and half of freſh Butter melted, five Eggs, yolks and whites beaten, and half a pound of Sugar; mingle them altogether with your paſte; ſtrew in a little flower to keep it from ſticking to your hand, or the bowle; but let it be as lithe as poſſibly you can work it; and when your Oven is ſwept, ſtrew into your Cake, a pound of Carroway-Comfits; then take two brown papers, and lay a white paper on the top of them, & lay your Cake in an oval faſhion, ſet it immediately

immediately into the Oven; being well heat, let it ſtand one hour and quarter; when you draw it, cover it with a courſe linnen-cloth warmed, and over it a wollen one, ſo let it lie till it be cold; if you put it into an Oven the next day, it will eat as though it were made with Almonds; put in your Sugar after the Butter.

126 *To make Cider as cleer as Rock-water.*

TAke two quarts of Cider, and half a pint of Milk, put them together into a Hipocriſt Bag, ſo let it run; and when it runs cleer, put it into ſtone bottles, and ſtop them cloſe; it is beſt when it is a month old, for then it gathers ſtrength, and ſparkles in the Glaſs.

127. *To make Diet-bread, or Jambolds.*

TAke a quart of Flower, half a pound of Sugar well beaten, Carro-

way

way-ſeeds, Anni-ſeeds, and Coriander-ſeeds, of each one ounce; a good ſpoonful of Licoriſh well ſearced, mingle all theſe together; then take the yolks of eight Eggs, and the whites of three, beat them well, put thereto four ſpoonfuls of Roſe-water, and ſo knead the aforeſaid with this, and no other Liquor; and when it is well wrought, lay it by the fire half an hour in a linnen cloth; then roul it out in thin roules, the leſſer the better, tie them in knots, and prick them with a needle, lay them upon buttered Plates, and bake them in an Oven not too hot.

128 *To make Almond-bread.*

TAke a pound of Almonds, and blanch them, and beat them very well with a little Roſe-water; then take a pound of Sugar beaten fine, and a handful of grated bread finely ſearced, put them into a platter with your Almonds, and ſtir them well together, ſet them over a Chaffing-diſh of Coales, and let them

them boile till they be as ſtiff as any paſte; you muſt ſtir them continually; then mould them out as thin as you can, and print them; ſet them into a warm place, where they may have the aire of the fire; if you will have any of it red, you muſt mould it with ſearced Cinnamon and Ginger.

129 *To make good Almond Milk.*

BLanch *Jordan* Almonds, and beat them fine with a litle Roſe-water, to keep it from oiling; then ſtrain them often with fair water, wherein hath been boiled Violet Leaves, and ſliced Dates: when your Almonds are ſtrained, take the Dates and put to it, with ſome Mace, Sugar and Salt, and heat it a little, and ſo drink it.

130 *To make white wet Leach.*

TAke Almonds blanched and beaten with Roſe-water; then ſtrain them with fair water, wherein hath been

been boiled Anni-ſeeds, Ginger and Graines, and put to it as much Cream wherein Iſinglaſs hath been boiled, as will make it ſtiff, and as much Sugar as pleaſeth you; let it be ſcalding hot, and then run it through a ſtrainer.

131 *To make Red or Yellow Leach.*

YOu may make your Leach Red, by putting Turnſole into it: Yellow by putting Saffron into it.

132 *Cinnamon and Ginger Leach.*

TAke your Spices beaten and ſearced, and mix them with your ſearced Sugar; mould them up with Gum-Arabick infuſed in Roſe-water, and ſo print them, and dry them.

133 *Leach of Dates.*

TAke your Dates, and pill them very clean within; beat them fine with Sugar, Ginger, and Cinnamon, and a little

little Roſe-water, till it will work like Paſte; then Print them, and keep them dry.

134 *To make fine Cakes.*

TAke a quart of Flower, a pound of Sugar, a pound of Butter, with two or three yolks of Eggs, three or four ſpoonfuls of Roſe-water, and a ſpoonful of yeaſt; then roul them out to the bigneſs of a Trencher, while the paſte is hot, or elſe it will break; ſet them into an Oven, not too hot, upon Papers.

Be ſure to prick them before they go in.

135 *To make Corniſh Cakes*

TAke Claret-Wine, the yolks of Eggs, and Mace beaten fine, Sugar and Salt, mingle all theſe together in Flower, and put in a little yeaſt, knead them as ſtiff as you can; then put in Butter, and knead it ſtiff again; then bake them.

136 *A Cordial Syrup for Melancholly*

TAke a pound of juice of Burrage, and half a pint of juice of Balm, ſeeth it in a Skillet; and when the groſneſs of the juice beginneth to ariſe, then put in the whites of two Eggs, well beaten with three or four ſpoonfuls of Roſe-water; and when you ſee the whites of Eggs begin to wax hard, then put in a little Vinegar; and when it ſeeths, ſcum it clean, and run it thorough a Jelly-bag; then ſet it over the fire again, and put thereto one pound of Sugar, and let it boil to what thickneſs you think beſt: Remember to put in a little Saffron.

137 *For a Conſumption.*

TAke of Harts-tongue, Maiden-hair, of each one handful, Hiſop and Balm, of each half a handful, Licoriſh ſliced one ounce, Pioney root one ounce, boil

boil theſe together in two pints & a half of Spring-water, untill half be conſumed; then ſtrain the liquor from the Herbs, and take a quarter of a pound of Currance, waſh them clean, dry them well, and beat them in a Wooden-diſh, boil them in the aforeſaid Liquor, till half the Liquor be boiled away; then ſtrain it out, and put to it almoſt half a pound of Sugar, and make thereof a Syrup.

138 *For the Lungs.*

TAke a pint of good Wine-Vinegar, and half a pint of Colts-foot water, put into it half a pound of Figs well bruiſed; let them boil together half an hour; then ſtrain it, and put into it a pound of Sugar.

139 *King PHILIP his perfume.*

SIx ſpoonfuls of Roſe-water, of Amber-greece and Civet two Barley Corns

Corn weight of either, a little Musk, and a two penny weight of Sugar beaten fine; beat theſe together, and mould them up with a little Gum-Dragon ſteeped in Roſe-water, and ſo dry them, and keep them to burn in a Perfuming-Pan.

140 *A Cordiall to cauſe ſleep.*

TAke two ſpoonfulls of Poppy-water, two ſpoonfulls of red Roſe-Water, one ſpoonfull of Clove Gilly-Flowers, a little Dioſcordium, take this at the time of reſt.

141 *A rare Palſie-Water of the ſame Virtues of Doctor* Mathias *his Water, but of leſſer price.*

TAke Lavender Flowers, and fill a gallon Glaſs with them; then fill it up with Spirrit of Wine, or Malmſey; let this digeſt Six Weekes together; then diſtill your Water, and put into it, Sage-Flowers, Roſemary-Flowers, and ſweet

ſweet Marjorum, of each one handful; Hyſop, Mother-wort, Pioney-roots, Origanum, of each one ounce, Betony-flowers half an ounce, Cinnamon, Pioney-ſeeds huld, Cardimumes, Cubebees, Citron-pill dryed, of each two drams, beat them, and put them in, then put in a quarter of a pound of Dates ſtoned, and as many of Raiſins of the Sun ſtoned; let theſe digeſt ſix weekes; take a little of it with Wine.

142 *To Perfume Gloves.*

TAke four graines of Musk, and grind it with Roſe-water to a diſſolution; then take eight graines of Civet, and grind it with the Musk, and Roſe-water to a Jelly; after that, take two ſpoonfuls of Gum-Dragon, ſteeped all night in Roſe-water; then beat it to a thin Jelly, putting in half a ſpoonful of oil of cloves, oil of Cinnamon, and Oile of Jeſſemy mixed together; then take a Spunge, and dip it therein, and rub the Gloves all over very thin, lay them in a dry clean

clean place eight and forty hours; then rub the Gloves with your hands, till they come to their former limberneſs.

143 *To make a rare ſweet water.*

TAke ſweet Marjorum, Bazil, Lavender, Roſe-mary, Muſcovy, Maudlin, Balm, Time, Walnut-leaves, Damask-Roſes, Pincks, of all alike quantity enough to fill a Still; then take of the beſt Orice Powder, Damask-Roſe Powder, and Storax, of each two ounces, ſtrew a handful or two of your powders upon the herbs; then diſtill them with a ſoft fire, tie a little Musk in a piece of Laun, and hang it in the glaſs wherein it drops; then when all is drawn out, take your ſweet Cake, and mix it with the Powders which are left, and lay it among your Cloathes, or mix it with ſweet Oyles, and burn it at your pleaſure.

TAke what quantity of Aqua-vitæ you pleaſe, ſteep a good quantity of the Flowers of red Poppies which grow among the Wheat, having the black bottoms cut off, ſtrain them out as oft as you put in new; let the Aqua-vitæ look very red with them, and let it ſtand in the Sun all the while they infuſe; then ſtrain it out, and keep it in a glaſs for your uſe: This is an Excellent Water againſt Surfets and Wind, and any illneſs whatever.

145 *To make a Mint-water.*

TAke Mint, and diſtill it in an Ordinary Still; and when you have drawn a quart, take hart-Mint, and ſtamp it in a Morter, and ſtrain it, and then put a quart of that juice to your Water; then diſtill them both together again, and put into the Glaſs in which it runs, one ounce of white Sugar-Candy, and half

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an ounce of powder of Amber, beaten and ſearced: this comforteth the ſtomack, and ſtayeth Vomiting, and is good a-gainſt Wind.

146 *An Excellent Water for the Stomack.*

TAke Cardus, and Mint, and Worm-wood, of each a like quantity, ſhread them ſmall, and put them into new milk; put them into a Still, and Still them with a temperate fire; when you take it, ſweeten it with Sugar, or with any Syrup what you pleaſe.

147 *To make Lemmon-Water.*

TAke the Chippings of twenty Lem-mons, and of two great Cittrons, in-fuſe them in a quart of Sack, for a day and a night; and when you Still them, put in three pints of Sack more, and one ounce of Cloves.

148 *To make Perfume.*

TAke two ounces of the powder of Juniper, one ounce of Benjamin, and one ounce of *Storax*, ſix drops of oile of Lemmons, as much of the oyle of Cloves, ten grains of Musk, ſix grains of Civet, a little Gum-Dragon ſteeped in Roſe-water; ſo mould them up with it, and roul it in little Cakes, and dry them between Roſe-leaves, and keep them to burn: your Juniper muſt be burned before you beat it, and ſearced before you uſe it.

149 *To Preſerve Cherries in Jelly.*

TAke fair ripe Cherries, and ſtone them; then take a little more then their weight in fine *Sugar*; then take the juice of ſome other Cherries, and put a ſpoonful of it into the bottom of the *Skillet*; then put in a quantity of *Sugar* beaten fine into the *Skillet* upon your juice, and then a little juice more; then put in your Cherries with the ſtems upward;

ward; then put in Sugar, and then juice, and then more Cherries; and then, as in the aforesaid manner, you may fill your Skillet or Pan; then let them boile apace till the Sugar be melted, and as they boile sift them round; then take them from the fire, and let them stand close covered one hour; then strew on the rest of the Sugar, and let them boile till the Cherries are cleer, and Syrup Jelly.

150 *To Preserve Goosberries whole.*

TAke green Goosberries which have their full growth, and three times their weight in Sugar; then take a quantity of water to melt the Sugar, and make thereof a Syrup; and while your Syrup boiles, put in your Goosberries, and as soon as it boiles again, take it from the fire, and let it stand close covered three dayes; and boil them again, and let them stand close covered three dayes longer; then boil them again, and put them up.

longer; then boile them again, and put them up.

151 *To Candy the cleer Rock-Candy.*

TAke Flowers or Spices, and boil them in a Syrup of fair water and Sugar, ſtirring them until they be almoſt Sugar again; then ſpread them on a paper, while they are hot, and when they are cold take them off, and lay them upon round Wyers in an earthen Pan, the pan muſt be made narrow in the bottom, and broad at the top; then take as much Sugar as will fill your Pan, and as much water as will melt it, boil it to a Candy-height; then pour it into your pan among your Fruits or Spices, ſcalding hot; then ſet it into a warm Oven or Stove, where it may neither be too hot, nor too cold, four and twenty hours; then pour away all the Syrup, and ſet the Pan into the warm place again; then pick up the Wyers, with a Knife, and lay your Spices, or Flowers, upon Papers to dry.

152. *To*

152 *To make Cleer-Cakes of any ſmall fruits.*

TAke your fruit clean picked from the *Stalks*, and put it into a long Gally-Pot; put the Pot into a Kettle of water; and when your fruit hath ſtood about four houres, pour out the cleereſt of it; and with the weight in *Sugar*, make a Candy with a little water; and when you ſee it almoſt *Sugar* again, put in your juice of fruits, and ſtir it over a ſlow fire, but do not let it boile; when you find it will Jelly, put it into Glaſſes, and ſet them in a *Stove*.

153 *To make Paſte of any ſmall Fruit.*

TAke the pulp of the fruit which you leave of the Cleer-Cakes, and beat it in a morter; then take the weight thereof in fine Sugar, boil them together till it will come from the bottom of the poſnet, and ſo print it in your moulds, and dry it.

154 *To dry Apricocks, or Pippins, to look as cleer as Amber.*

TAke Apricocks, and take out the ſtones; take Pippins, and cut them in the middle, and pare them, and core them, lay theſe fruits in an earthen Diſh, and ſtrew them over with fine Sugar; ſet them into an hot Oven, and ever (as the Liquor comes from them) pour it away, and when all the Liquor is come away, turn them, and ſtrew them thick with Sugar, on every ſide; ſet them into the Oven, and when the Sugar is melted, then lay them on a dry diſh, and ſet them in the Oven, but a drying heat, and every day turn them till they be quite dry.

Thus you may dry any plumbs.

155 *To dry Pears or Pippins without Sugar.*

TAke of the faireſt, and lay them in ſweet Wort two or three dayes; then lay them in a broad Preſerving-Pan of earth, and bake them; then lay them out upon a Lattis, made of Basket-makers Rods, and ſet them into the Oven till they are dry, turning them often.

156 *To Candy Flowers with their own Colour.*

TAke Gum-Arabick and ſteep it in Roſe-water all night, the next day take what Flowers or Herbs you pleaſe, and dip them well in that Gum-water, and ſwing them well from it; then ſtrew them very thick with *Sugar* beaten fine on every ſide, and lay them upon Plates to dry in the *Sun*, and when you find they begin to dry, turn them on clean plates, and if you find *Sugar* wanting, ſupply it.

157 *To Candy the Spaniſh Candy.*

TAke Flowers well picked, and beat them in a morter; put them into a Syrup, as much as the Flowers will well ſtrain, boil them with continual ſtirring, untill it be Sugar again, then pour it upon a wet Trencher, and when it is cold cut it into Lozenges: and that which remaineth in the Poſnet, ſtir it, and bruiſe it with the back of a ſpoon; then beat it, and ſearce it, then work it with ſome Gum-Dragon ſteeped in Roſe-water, then roul it abroad, and print it, and ſo dry it.

158 *To make Naples-Bisket.*

TAke Pine-apple-ſeeds a quarter of a pound, two ounces of Sweet-Almonds blanched; the whites of two Egges, one ſpoonfull of Ale-yeaſt, one ſpoonful of Rice-flower, a ſpoonful of ſweet Cream; beat all theſe together, in a Morter, then adde to it Musk and Amber-

Amber-greece, drop it upon a Pie-plate, and ſo bake it in what ſhape you pleaſe.

159 *To make Italian Bisket.*

TAke fine ſearced Sugar, worke it up with Gum-Dragon ſteeped in Roſe-water, beat it together in a Morter with a little of the white of an Egg; then mold it up with a little Anniſeeds and Musk, and make it in Balls as big a Crab's, cut them about like a Manchet, ſo bake them upon Pie-plates: when you ſee them riſe ſomewhat high, take them out, and ſtir them not until they be cold, for fear of breaking.

160 *To make Prince-Bisket.*

TAke eight Eggs, and a pound of Sugar, and a pound of Flower; beat all theſe together one hour; then take Coffins made of Tinn, and butter them over; when you are ready to fill them, put in half an ounce of Anni-ſeeds finely,

finely dusted, fill your Coffins half full; then set them in an Oven as hot as for Manchet, and so bake them.

161 *To make Jumbolds.*

TAke some of the batter of your Prince-Bisket, and roul it up in Flower, put into it a little Cinnamon and Ginger, and roule it out, and knit it in knots and bake them.

162 *To make Hypocriſt.*

YOu may make it either of Sack or White-Wine, but Sack is best: Take to every Gallon, one pound of Sugar, and an ounce of Cinnamon, an ounce of Ginger, and a quarter of an ounce of Nutmeggs, a quarter of an ounce of Corriander-seeds, with a few Cloves, and a little long-Pepper, or a few Grains, which you please; let all these lie in steep twenty four hours, stir it twice or thrice in that time, then put to every Gallon, a pint of Milk, and run it thorow the

the Jelly-bag, and ſo put it up in bottles, and tye them hard, and ſet them in a cool place; it will keep a month.

163 *To make the Tuff-Taffete Cream.*

TAke a quart of thick Cream, and the Whites of ſix or ſeven Eggs, beat the whites to a froth with a little Roſe-Water, then take it off, and put it into the Cream; then boyle it, and continually ſtir it, ſeaſon it with Roſe-water, Sugar, and two graines of Amber-greece, then pour it into a Glaſs or Chiny Baſon; when it is cold, lay it over with Jelly of Currance in ſome pretty fancy.

164 *To make Garroway Cake.*

TAke a quart of Flower, and a pound of Butter, rub your Butter into your Flower till it be not diſcerned, then take two yolks of Eggs and one white, two ſpoonfuls of Cream, half a pint

a pint of Ale-yeaſt, mix them all together; you muſt not knead it, but pull it in pieces; then ſet it to the fire to Riſe, and ſo let it lye almoſt an hour, turning it often; then pull it in pieces again, and ſtrew in half a pound of Carroway-Comfits, mingle them with the Paſte, then take it lightly with your hand, and faſhion it like an Ovall, and make it higher in the middle then the ſides; let your Oven be as hot as for minced Pies, and be ſure it be ready juſt when your Cake is ready; ſet it in upon two papers buttered, and let it ſtand almoſt an hour, ſtrew Carroway-Comfits thick on the top of it.

165 *To Candy Barberies.*

STone the faireſt Bunches you can get, and as you ſtone them, ſtrew on a little Sugar to keep their colour; then take as much water as you think will cover them, and let them boyle with a little Sugar a little while, then put them into a deep thing that the Syrrop may cover

cover them, then boyle ſome Sirrop to a Candy height, and having your Sugar drained well from the Barberies, put the Barberies into the hot Candy, ſtir them till the Sugar be diſſolved, but be ſure they boyle not in the Sugar; then open every bunch by it ſelf, and every Barbery, and lay them on the brim's of Diſhes that all the Sirrop may drain from them, ſhift them often, and open them every time; the leſs Sugar hangs about them, the better; the more they ſtand out, the more rare; if they be not dry when you have done all this, ſet them into a Stove.

166 *To make a rare Sillibub*

TAke a quart of Cream, a pint and half of White-wine or Sack, the juce of two Lemmons, with ſome of the pill, and a branch of Roſemary; ſweeten it very ſweet, then put a little of this liquor, and a little of the Cream into a Baſon, beat them till it froth, put that froth into the Sillibub-pot, and ſo do till the Cream

and

and Wine be done; then cover it close, and set it in a cool seller, if it stand there twelve hours it will be the better, if you please, you may put in a little Amber-greece into the wine.

167 *Rare Cake without Sugar.*

TAke the whites of six Eggs, and one Yolk, one pint of Cream, so warmed that it may melt a pint of butter; half a pint of good Ale yeast, make these into lithe paste with fine flower, and two spoonfulls of Rose-water; when it is well wrought, pull it in small pieces, and strew in a pound of Carroway-Comfits; then rub some paper with butter, and make them in little cakes very thin, and bake them in an oven not too hot, let them stand half an hour.

168 *To make a Rare Sweet-Powder for the Hair.*

TAke a pound of the beſt ſtarch you can get, put it into a Baſon, and put to it half a pint of Roſemary-water, half a pint of Roſe-water, ſtir them well together with a ſpoon, then dry them well in the Sun, take then the ſearced powder of Damask-Roſes, and four grains of Amber-greece, and mix it well with your ſtarch, and ſift them fine.

169 *To make Cakes of Piſtachoes.*

TAke half a pound of blancht Almonds, and half a pound of Piſtachoes, and a quarter of a pound of Pine-Apple-Seeds; beat all theſe into a perfect Paſte with a little Roſe-water, that you may roule it out like Marchpane; then faſhion it upon Pie-Plates like Mackroons; you muſt beat ſome ſugar amongſt them, lay them on Waffer-Sheets, and

and prick them with whole Piſtachoes; then with a feather Ice them over with Roſe-water and Sugar, and the white of an Egg, and Bake them in an oven not too hot; then lay on ſome leaf-gold.

170 *To make Cakes of Apricocks in Lumps.*

TAke Apricocks and pare them, and cut them in halfes; then take their weight in Sugar, put half this Sugar and the Apricocks into a Skillet, let them boyle apace till they look clear, then boyle the other part of the Sugar to a Candy height; then put them together, and ſtir them a while; then put them into glaſſes, and ſet them in a Stove to dry; when the one ſide is dry, turn the other.

171 *To make Rasbery Sugar.*

TAke the juice of Rasberies, and wet your Sugar with it, and dry it in

in a Stove leasurely; this will keep all the year, a little of it being put into a bottle of Wine, will give it a good colour, and as pleasant a taste as you can desire; in this manner you may make Sugar of any Fruit, Flower, or Herbs.

172 *To dry Apricocks:*

STone them that be faireſt, and not too ripe; then weigh them; as you pare them, put them into cold water, have in readineſs their weight in fine Sugar, wet it with ſome of the water they lie in, and boil it to a Candy-height; then put in your Aprecocks, and boil them till they are cleer; when they have lain three dayes in the Syrup, lay them out upon glaſſes to dry; ſet them in a Stove, and turn them twice a day, duſting them over every time with fine Sugar.

173 *To make rough Marmalade of Cherries.*

TAke your Cherries ſtoned, and put them into a Pot, tie it up cloſe, and ſet it in a Kettle of water which boiles; and when you think they begin to boile in pieces, take it from the fier, and have in readineſs their weight in Sugar, boiled to a Candy-height; then put in your Cherries, but do not let them boile, ſtir them over a ſlow fire till it will Jelly; then put them into glaſſes.

174 *To make ſmooth Marmalade of Cherries.*

Boile them in a Kettle of water as you do for the rough Marmalade; then ſtrain them hard, and boil the Jüice with a Candy, juſt as you do the rough Marmalade

175 *To make White Trencher-Plates that may be eaten.*

TAke the yolks of two Eggs, two ſpoonfuls of Sack, one of Roſe-water, & as much Flower as will make it into a ſtiff paſte; then roule it thin, and lay it upon the outſides of Plates; the Plates being well buttered firſt, cut them fit to the Plates, and ſet them into an hot Oven, (not too hot) then take them forth; and when they are cold, take a pound of Double-Refined-Sugar, and beaten and ſearced with a little Amber-greece, the white of an Egge, and three or four ſpoonfuls of Roſe-water; beat theſe together, and with Feathers waſh them all over, and ſet them into the Oven again till they be hard.

176 *To make the Froth-Poſſet.*

TAke three pints of Cream of new Milk, ſet it on the fire, then take ſixteen

fixteen Eggs, and put all the whites into a Baſon very deep, and beat the yolks by themſelves, with ſome Sugar, make a Cuſtard with them, with the Milk or Cream that is on the fire; then beat the whites of Eggs to a froth with two ſpoonfuls of Sack, and as much of Sugar; when it is a thick froth, put it into another diſh with a ſpoon; then take half a pint of Sack, and ſweeten it with Sugar, ſet it on a Chaffing-diſh of Coals in a large Baſon; when it is hot, put in as much froth as the Sack will receive, ſtir it in very well; then take your Cuſtard, and pour upon it, ſtir it all one way while you put it in; then if the froth do not cover the top of the Poſſet, put in more, ſtir it very well, and cover it cloſe with a warm diſh; let it ſtand a while upon Coals, but not too hot; you may know when it is enough, by putting your ſpoon into the bottom of the Baſon, where it will be cleer drink, curd in the middle, froth on the top.

MAke a Poſſet of Sack, and Cream, then take a peck of fine Flower, half an ounce of Mace, as much of Nutmeg, as much of Cinnamon; beat them and ſearce them; two pounds of Butter, ten Eggs, leaving out four whites, a pint and half of Ale-yeaſt; beat your Eggs very well, and ſtrain them; then put your yeaſt, and ſome of the poſſet, to the Flower, ſtir them together, and put in your Butter cold in little pieces; your Poſſet muſt be ſcalding hot, make it into a Paſte, and lay it to riſe in a warm cloth about one hour; then put in ten pound of Currance, and a little Musk and Ambergreece diſſolved in Roſe-water; let your Currance be very dry, or elſe your Cake will be heavy, ſtrew as much Sugar among your Currance, as you ſhall think fit, break your paſte into little pieces into a Kimnel, or ſuch like; when you go to put in your Currance, then lay a layer of broken Paſte, and then a layer of Currance,

Currance, till all your Currance are ſpent; then mingle your Paſte and Currance well together, keep out a piece of the Paſte in a warm cloth, to cover the top and bottom of your Cake; you muſt roul the cover thin, and alſo the bottom, & put them together when you think fit with ſome Roſe-water; prick the top and bottom with a ſmall Pin or Needle, and when it is ready to go into the Oven, cut it in the ſides round about; let it ſtand two hours; when it is baked, Ice it over with Roſe water, or Orenge-flower-water, with the whites of Eggs, melted Butter and Sugar; then ſet it into the Oven again till the Icing be hard.

178 *To make Cambridge Almond-Butter.*

TAke a quart of Cream, ſixteen Eggs well beaten, mix them together, and ſtrain them into a Skillet, ſet them on a ſoft fire, ſtirring it continually; when it is ready to boyle, put in half a quartern of a pint of Sack, and ſtir it till it runs

to

to a Curd, then ſtrain the whey from it as much as may be; then beat a quarter of a pound of blanched Almonds with Roſe-water; then put the curd into a Stone or wooden Morter by degrees, with ſome of the Almonds, and a pound and half of fine Sugar, and when it is well beaten, put it into preſerving glaſſes or gally-pots, it will keep a fortnight or three weeks: you muſt eat it with bread.

179 *To make a Sack-Poſſet without Bread or Milk.*

TAke a quart of Ale, and half a pint of Sack, let it boyle with what Spice you pleaſe; then take three quarters of a pound of Sugar, and twenty Eggs, yolks and whites well beaten and ſtrained thorow a cloth; then take a quarter of a pound of Almonds blanched, and well beaten with Roſe-water, put them into the Eggs, and put them into the skillet to the other things upon the fire, keeping them ſtirring and when it boyleth

up, put it into a Baſon, and hold the Skillet over it a while, then ſtrew on Cinnamon and Sugar.

180 *To make Sack-Cream.*

TAke a pint and half of Cream, boyle it with Nutmeggs and Mace till one quarter be boyled away; then ſtir it till it be cold, that it may have a Cream on the top with ſtanding, ſweeten it well with loaf-Sugar, put into it four or five ſpoonfulls of good Sack, then ſtir it a little about, and put it into the diſh; and when it hath ſtood half a day, eat it.

181 *To make a Roſe-mary Triſle.*

TAke the ſame quantity of Cream as above, and boyl it juſt ſo; then ſtir it with a ſprig of Roſe-mary till it be as cold as Milk from the Cow; then ſweeten it with Sugar, and put to it half a ſpoonful of Runnet, ſtir it about, and put it into the diſh; when it hath ſtood two hours and a half, ſerve it in, and eat

eat it with any Wine what you please.

182 *To Preserve Figs, and to dry them.*

TO every pound of your large Ripe English Figgs take a pound of Sugar, and one pint of Water, boyle the Sugar and Water, and Scum it; then put in your Figgs, and boyle them very well, till they are tender and clear, boyle them very fast, and Scum them clean; when they have lain in the Sirrop a while, as a week or so, boyle some Sugar to a Candy height, and put in your Figgs; and when they have been in a while, lay them upon sheets of glass to dry.

183 *To prickle Mushrooms.*

TAke them of one Nights growth, and pill them, in-side and out-side, boil them in water and salt one hour; then lay them out to cool; then make a pickle of White-Wine, and White-Wine-Vinegar; & boil in it whole Cloves, Mace,

Nutmeggs & Ginger ſliced; when it is cold, put them in: Theſe are good to put in Sauces.

They are not good beyond *March*.

Gather none till after *Michaelmas*.

And if you would dreſs them to eat preſently, you muſt ſet them in a diſh over a Chaffing-diſh of Coales without any Liquor, and the fire will draw out all their natural Liquor, which you muſt pour away, then put in whole Spice, Onyons and Butter, with a little Wine, and ſo eat them hot.

184 *To Preſerve Quinces to look Red*

WHen they are pared, and cored, put them into cold water till your Sirrop is ready, which muſt be made of the weight of the Sugar; and to every pound of Sugar, a pint of water, when this is boiled, and ſcummed, put in your Quinces, and ſet them on a ſlow fire, cover them cloſe, and let them ſtand

ſtand ſo till you ſee they are of a good colour; then boile them up quick, till the Quinces be tender, and the Sirup Jelly.

185 *To make red Marmalade of Quinces.*

WEigh your Quinces, and pare them, cut them in quarters, and core them, keep them in cold water; then take their weight in Sugar, and a little Water, and boile it and ſcum it; then put in your Quinces, and ſet it on a ſlow fire, cloſe covered; when you ſee they be of a good colour, uncover them, and boile them up quick, till the Syrup Jelly; then put it into Glaſſes.

186 *The true way to make the Aqua Mirabilis, which before was miſtaken in this Book.*

TAke three pints of Sack, three pints of white wine, one quart of Brandy, one quart of the juice of Cellendine leaves, of Mellilot Flowers, Cardamum ſeeds, Cubibbs, Gallingal, Nutmegs, Cloves, Mace, Ginger, two drams of Sack, bruiſe them and mix them with the wine; let it ſtand all night in the ſtill, cloſe ſtopped with Rye paſte. As it ſtills, kerp a wet cloth about the necks of the Still, and ſweeten it with white *Sugar-Candy*, which you muſt put into the Glaſs wherein it drops; you may *Still* it in an ordinary *Still*; but if you would have it very hot, Still it in a Limbeck.

187 *To make the French-broth called Kincke.*

TAke a leg of Beef, and ſet it on the fire with a good quantity of fair water,

water, and when it boils, ſcum it; and what meat ſoever you have to dreſs that day, either of Fowle or ſmall meat, put all into that liquor, and parboil it; then take it out and put in ſome French-Barly, and ſome whole ſpice; one clove or two of Garlick, and a handfull of Leeks, and a little Salt; when it is boiled enough, pour it from the Barly, and put in a little Saffron, and ſerve it in.

188 *The Plague-water which hath been ſufficiently made tryal of, in the time of this laſt Viſitation, as well as formerly.*

TAke three pints of Muskadine, and boil therein one handful of Sage, and one handful of Rue, boil it untill a pint be waſted, then ſtrain it out, and ſet it on the fire again; put thereto one penny worth of long Pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmegs all beaten together, and let it boil a little while; then put to it one penny worth of Methridate, two

Penny worth of Venice Treacle, one Quarter of a pint of good *aqua vitæ*, or rather hot Angellico water, let it be covered all the time it boils, and do not boil theſe laſt things in it: take a ſpoonful at a time morning and evening, alwaies warm; but if you are not already diſeaſed, then once in a day is ſufficient: This Medicine never faileth, If taken before the heart be utterly mortified with the Diſeaſe. This is alſo good for the ſmall Pox, Meaſels, and Surfet.

189 *For to waſh after the ſmall pox to keep away ſcars.*

TAke the ſteam of milk new from the Cow that will ariſe betwixt two pewter diſhes, and waſh with it; but you muſt alſo uſe this ointment when you go to bed; Take butter that is freſh, and boil it in water; when it is cold, take it off, and beat the butter with Roſe-Water, and ſo anoint the face ſeveral times: theſe are very good.

190 *To*

190 *To make Scarlet Pomanders:*

TAke Vermillion, and put in the ſame quantity as you do of the lam black, into the black Pomanders; put in blew Verdetues, for bloom colour; take the ſame colour as the Comfit-makers uſe to colour their bloom-colour Comfits with; when it is made into a paſte, with Gum Dragon ſteeped in Roſe-water, then nip it from the pieces with the mould; then take them out of the mould, and rowle them in your hands to make them ſmooth; then let them dry a little, then take a great needle, and double thred, and knot it at the end, and run it thorough them; when they are quite dry, take ſome Eſſence of Orenge, or Geſſemine, or the oil of Rhodum; and rub it in the palms of your hands; then rub the Pomanders in your hands one by one: And when they are dry, do ſo again once or twice more; if when you make the paſte you would add a little fine powder of Cloves, and a little muſk,

it will make it have a curious ſcent.

191 *A moſt excellent and certain cure for the Scurvy, Dropſie, or Spleen, or any pain in the head or Stomack.*

TAke half a peck of Sage, as much of Scurvy-graſs, one handfull of Worm-wood, chopped altogether; then mix them with two quarts of broom-aſhes, and ſome wheat flower to make it hold together like a loaf, and bake it with houſhold bread; and when it is cold, break it into a Bag, and tun it into four Gallons of Ale not too ſtrong; and at the Week's end it will be ready to drink. The virtues are innumerable, it begets a good appetite and digeſtion, and is a great opener and quencher of thirſt, and drier up of Rhumes.

192 *To fetch again the colour of gold and ſilver lace.*

TAke powder of Alabaſter, and put it dry into a Pipkin, and let it boil till it will boil no longer, then take it off, and when it is cold, lay the lace upon a cloth, and take a Comb-bruſh, and dip it in the Alabaſter, and ſo rub both ſides of the lace till it look as you would have it, then beat the lace all over with a ſlick-ſtone.

193 *To give a Child that is new-born, to prevent Convulſion Fits.*

GIve it ſix grains of red Corrall prepared in a ſpoonful of Sack, and a little Sugar; and be ſure it be the very firſt thing it takes.

194 *To make Creams of paſt, or Jellies.*

PUt Eggs into the Creams, as for a Fool, and ſlice the ſweet-meats very

very thin, and boil with them; then ſweeten it, and put it into your diſhes.

195 *To make the Impoſthume water.*

TAke a handful of Burr-Dock roots, waſh them, and ſcrape them, and take away the outward barks; Then take Hyſſop, and Time, and Centory, as much of each as you can hold between two fingers; boil theſe in a Gallon of Ale, till it come to a pottle; then ſtrain it, and put half a pint of Hony to it, and ſet it on the fire again untill it boil, then divide it into nine parts, and drink it in the morning faſting, and in the evening; it will cure any Impoſthume in the Head, or Stomack.

196 *To make the Mellancholly water.*

TAke of the Flowers of Wall Gilliflowers four handfuls, Roſemary Flowers three handfuls, Damask Roſeleaves, Burrage, and Bugloſs Flowers, of each one handful, of Balme leaves ſix handfuls of

of Mary-Gold Flowers one handful, of Pincks ſix handfuls, Cinnamon groſsly beaten half an ounce, two Nutmegs, Anniſeeds groſsly beaten one ounce, three penny worth of Saffron, put them all into a pottle of Sack, and let them ſtand two daies, ſtirring them ſometimes well together, then Still them in an ordinary *Still* well luted, let it drop into a Glaſs that hath two grains of Musk, and eight ounces of white Sugar Candy beaten ſmall: Take of this water three times in a Week faſting, two ſpoonfuls at a time, and oftner, if you find your ſelf heavy-ſpirited; the fire under the *Still* muſt be very ſlow: This is very good for any woman in Child-bed, if they be faint.

197 *To make the Elder-Water, otherwiſe called the ſpirit of Sambucus.*

TEmper Rye-leaven, very light with warm water, about two ounces; then take a buſhel of Elder Berries well beaten,

beaten, and put them into an earthen pot, and mix them very well with the leaven, and let it ſtand one day near the fire; then if it do not riſe enough, put in ſome yeaſt, ſo let it ſtand ten dayes covered; and now and then ſtir it; Then Still it in a Limbeck; Keep the Firſt water by it ſelf, and ſo the *Second*, and the Third will be good Vinegar, if you colour it with ſome of the Berries: Still it with a ſlow fire, and do not fill your Still too full: This Water is excellent to expell the wind from the Stomack: And for thoſe who have the Scurvy, it is Cheap, and very good.

To make rare Cakes of Almonds.

TAke two pounds and a half of Jorden Almonds, blanched and beaten with Roſe-Water; then mix them with a pound and three quarters of Loaf *Sugar*, and a little Musk, and Amber greece, ſix whites of Eggs beaten to a froth, let them ſtand a little, then ſet them on a Chaffing diſh of Coals, and let them dry,

dry, ſtirring them all the while; then take half a Peck of fine Flower, put into it a little Salt, and three pints of Ale-yeaſt; have in readineſs your Cream Luke-warm: Strain your yeaſt, and put into it ſix ſpoonfuls of Sack, put what ſpice you like into your flower, and make all theſe into a ſtiff paſt with the Cream, work it well, and lay it by the fire to riſe one hour; then work into your paſt two pounds, and a quarter of freſh Butter; pull your paſt in pieces three times, then ſtrew in a pound of Carroway Comfits; make this paſt into five Cakes: Lay them upon buttered papers, and lay them on tin Plates, not ſo broad as the Plates by two inches, then ſtrew Carroway Comfits on the tops of them, and double-refined Sugar; then preſently ſet them into the Oven for an hour; you may put in Saffron if you pleaſe.

199 *To make the true Shrewsberry Cakes.*

TAke four pound of flower, two pound of Butter, one pound and half of fine *Sugar*; four Eggs, a little beaten Cinnamon, and a little Roſe-water; make a hole in the flower, and beat the Eggs; then mix all together, and mould them well, and make them into thin round Cakes; and put them into an Oven after the Houſhold bread is drawn: This quantity will make three dozen of Cakes.

200 *The very beſt Surfet water.*

TAke a Gallon of the beſt french Spirits, and a pint of Damask Roſe-water, half a pint of Poppy water, one pound of white Sugar-Candy bruiſed; then take a pound and half of Raiſons of the *Sun* ſtoned, half a pound of Dates ſtoned and ſliced, Then take an ounce of Mace, one

ounce

ounce of Cloves, one ounce of Cinnamon, one ounce of Anniſeeds rubbed clean from the duſt; then take a quarter of an ounce of Licoriſh clean ſcraped and ſliced, and all the ſpices groſly beaten; let all theſe ſteep in the Spirits four dayes: Then take a quarter of a Peck of red Poppy leaves freſh gathered, put them in, to colour the water; and when it hath ſtood four or five dayes, ſtrain it, and put it into Glaſſes, and put in your Sugar-Candy finely beaten; twelve penny worth of Amber-greece, ſix penny worth of Musk, let it ſtand thus nine dayes together, and ſhake it ſometime; ſo keep it for your uſe.

FINIS.

THE EXACT COOK: OR, Excellent Receipts FOR COOKERY,

BEING

The True way of Dreſſing all ſorts of *Fleſh*, *Fowls*, and *Fiſh*, with the beſt Directions for making of all manner of *Cickſhawes*, *Pyes*, and the moſt curious *Sauces*; whereby Noble Perſons, and others in their *Hoſpitalities*, may be gratifyed in their *Guſto's*.

By HANNAH WOLLEY.

London, Printed by T. Ilbourn, for Nathaniel Crouch, 1672.

To the Honourable and truly Vertuous Lady, *ANNE WROTH*, Wife to the Right Worshipful Sir HENRY WROTH.

MADAM,

THe Duty I owe to your Ladyship, and the rest of your Noble Family, commands more than this Book is able to Express; but since

since ill fate hath made me altogether uncapable of any Worthy return of your Love and bounty, be pleased to accept this as a Signal of what I am obliged to. I would not willingly dye while I live, nor be quite forgotten when I am dead; therefore have I sent forth This book, to testifie to the scandalous World, that I do not altogether spend my time idlely; somewhat of benefit it may be to the young Ladies and Gentlewomen; and such I wish it; (however) it may serve to passe away

their

their youthfull time, which otherwise might be worse employed.

The Honour your Ladyship do's me, in Accepting the Dedication of it, will, I hope, cherish their belief, and encourage their Practice, and assuredly it doth adde very much to the Obligation of,

Madam,

Your Honours most Faithful,
Real, and most Humble
Servant,

Hannah Wolley.

To all Ladies and Gentlewomen in general, who love the Art of *Preſerving* and *Cookery*.

Ladyes and Gentlewomen,

IT *is now about Two Years, ſince I ſent forth a little Book, of* The true way of Preſerving, *with a Promiſe, that if that found Acceptance, I would then preſent*

ſent you with ſome of my Choiceſt Cookery ; which now I have done ; alſo ſome few Receipts more of Preſerving. The reaſon why I ſent it amongſt you, without the Protection of ſome Noble Perſon, was, becauſe I would not ſeem to force a Favour altogether undeſerved; but ſince it is ſo generally accepted on, as I find it is, I hope you will rather Commend, then Blame my Modeſty; and if you pleaſe to look back a Leaf or two, you will find it hath now a Protection. I have joyned both the Books in one, that they may paſs as one :

All you that have made trial of my first, will I hope be encouraged to the Cookery *also. I heartily wish it may give you the Benefit you desire, and then I shall have mine.*

Thus beseeching your diligent Practice herein, I *doubt not then but to gain the esteem of being,*

Ladies,

Your unfeigned Friend

and Servant,

Hannah Wolley,

The Exact Cook.

1. *To pickle Cucumbers to look very green.*

TAke thoſe that you mean to pickle, and lay them in water and ſalt three or four daies; then take a good many great Cucumbers and cut the out-ſides of them into water, for the inſides will be too pappy, then boil them in that water with Dill ſeeds and Fennel ſeeds, and when it is cold put to it ſome ſalt and as much vinegar, as will make it a ſtrong pickle; then take them out of that water and ſalt, and pour that over them in your veſſel, then let them ſtand

close coveréd for a fortnight or three weeks, then pour the liquor from them, and new boil it, putting in some whole Pepper, cloves, and mace, and when it is cold, add to it some more vineger, and a little salt; then pour it on them again, and let them stand a Moneth longer; then boil it again, and when it is cold, put some more Vineger, and pour it on them again; then let them stand a longer time, and as you see occasion, boil it over again, and always put your seeds and pieces of Cucumber, on the top; be sure your pickle be cold when you pour it over.

2. *To pickle Purslane to keep all the year.*

TAke the biggest stalks picked clean, then strew bay-salt first into your pot, and then the stalks of Purslane, and then salt again; so do till your pot be full, then tye it up close, and keep it cool.

3. To

3. *To ſtretch ſheep guts.*

AFter they are clean ſcoured, lay them in water nine days, ſhifting them once a day, and they will be very eaſie to fil; and when they are filled, they will return to their wonted bigneſs.

4. *To make a Sack poſſet.*

TAke a quart of thick cream, boil it with whole ſpice, then take ſixteen Eggs, yolks and whites beaten very well, then heat about three quarters of a pint of Sack, and mingle well with your Eggs, then ſtir them into your Cream, and ſweeten it; then cover it up cloſe for half an hour or more over a ſeething pot of water, or over very ſlow embers, in a baſon, and it will become like a cheeſe.

5. *To make Penado*

TAke Oat-meal clean picked, ſteep it in water all night, then ſtrain the water clean from it, and boil that water in a Pipkin, with a blade of Mace, and ſome currance; when it is well boiled put in the yolks of two or three Eggs beaten with Sack, a little ſalt, and as much Sugar as you ſhall think fit, then ſtir it over a ſoft fire that it curd not till you think it be enough.

6 *To make the Orenge Pudding.*

TAke the rind of a ſmall Orange, paired very thin, and boiled in ſeveral waters till it be very tender, then beat it very fine in a morter, then put to it four ounces of fine Sugar, four ounces of freſh butter, the yolks of ſix Eggs, and a ſpoonfull or two of Cream, with a very little ſalt; beat all theſe together in a morter while the Oven heats, then bake it in puff-paſt

7. *To*

7. *To make French-Bread.*

TAke half a buſhel of fine flower, ten Eggs, yolks and white, one pound and half of freſh butter, then put in as much of yeaſt as into the ordinary manchet; temper it with new milk pretty hot, then let it lye half an hour to riſe, then make it into loaves or rowls, and waſh them over with an Egg beaten with milk; let not your Oven be too hot.

8. *To make a Made diſh.*

TAke four ounces of blanched Almonds beaten, and ſtrain them into ſome Cream; then take artichoke bottoms tenderly boiled and ſome marrow boiled then boyl a quart of Cream till it be thick, ſweeten it with Roſe water and Sugar, then lay your hartichokes into a diſh, and the marrow on them; then mix your Almond cream, and the other together and pour it over them, and let it ſtand, upon Embers till you ſerve it in.

9. *To make a Cake with Almonds.*

TAke one pound and an half of fine flower, of *Sugar* twelve ounces beaten very fine, mingle them well together, then take a half a pound of Almonds blanched and beaten with a little Roſe water; mingle all theſe with as much Sack as will work it into a paſte, and put in ſome ſpice, ſome yeſt, and plumped currance, with a pound of Butter; ſo make it into a Cake, and bake it.

10 *To Seaſon a Chicking Pye.*

SEaſon them with Nutmegg and Sugar, pepper and ſalt, Raiſons, Currans and Butter; when it is baked, put in clouted Cream, Sack and Sugar.

11. *To make an Herb Pye.*

TAke Lettice and Spinage, a little Time, Winter-ſavory, and ſweet Marjorum, chop them, and put them into the Pye, with Butter, Nutmeg, and Sugar,

a

a little Salt; when it is drawn, and a little cooled, put in clouted Cream, Sack, and Sugar.

12. *To ſtew Gurnets.*

STew them with White Wine and Salt, whole Cloves, Mace, Nutmeg, and Cinnamon; when you take them up, put in ſome Butter and Sugar.

13. *To boyle Place or Flounders.*

BOyle them in White Wine, water and Salt, with ſome Cloves, Mace, Lemmon pill, and ſome ſmall Onyons.

14. *A Cawdle for a ſick body.*

TAke Lemmon poſſet-drink, and thicken it with the yolks of Eggs, and ſweeten it with Sugar.

15. *To make a Pye with Eels and Oyſters.*

TAke the Oyſters from their liquor, and put them to the Eels, and ſea-

ſon them with Pepper, Salt and Mace, Raiſons and currance, then put them in a Pye with good ſtore of butter and fruit on the top.

16. *To make a very good Hare-Pye.*

TAke out all the bones, then lay it on a grid-Iron, under which is freſh coals; when it begins to dry, turn it and ſprinkle it with Wine Vinegar, wherein hath lien Nutmegg, Cloves and Mace bruiſed; and as it dries, ſprinkle it with this liquor; ſo do till you think it reaſonable well boiled, then lay it in ſuch Vinegar all night; the next day broile it a little, then lard it, and bake it with good ſtore of Butter, and eat it cold; add a little Salt.

17. *To Roaſt a Pike.*

DRaw a large Pike at the gills; when he is well waſhed, fill the belly with great Oyſters, and lard the back with pickled herrings; tie it on the ſpit, and baſte it with White Wine and Butter, with

with two or three anchoves diſſolved therein; rub your diſh with garlick, make ſawce with Capers, Lemnion, Butter, and White Wine, and ſome anchoves.

18. *To Roaſt Lobſters.*

TAke two great Lobſters alive, waſh them clean, and ſtop the holes as you would to boil them, tye them faſt to a ſpit, the inſides together, baſte them with water and Salt very often, till they are ready, which you will find by the redneſs of them; then have ready ſome Oiſters ſtewed and cut ſmall, put them into a diſh with melted Butter beaten thick, then take three or four ſpoonfuls of the liquor the Oiſters were ſtewed in, and diſſolve in it two Anchoves, then put the liquor into the melted Butter, and put it into the diſh where the Lobſters ſhall lye then take the Lobſters and crack the ſhels that they may be eaſie to open, and ſerve them in.

19. *To make a Pumpion Pye.*

FRy it in thin ſlices with ſweet herbs and Eggs, in Butter, till it be tender; then put it into a Pye, with Butter, Raiſons, Currans, Sugar, and Sack, with ſome ſharp apples; when it is baked, put in ſome beaten Butter.

20. *To make a rare Lamb Pye.*

TAke a legg of Lamb, and take out all the meat clean out at the great ends, but keep the skin whole; then preſs the meat in a cloath, then mince it ſmall, and put as much more Beef-ſuet to it as the meat doth weigh, finely ſhred; then put to it Naples-bisket finely grated, ſeaſon it with Cloves, Mace, Nutmegg and Cinnamon, Roſe-water, and a little Salt; then ſpred ſome candied Orange pill and Cittron, mix it together with ſome Sugar, then put part of the meat into the skin, and lay it into the Pye; then take the reſt of the meat, and make it up in balls with Eggs,

Eggs, and a little flower; then lay them into the Pye to fill up the odd corners, then take candied Orange and Cittron, cut in long narrow pieces, and ſtrew over it; do not forget to put in ſome Curraus into the minced meat; when you lid the Pye, leave a tunnel; and when it is baked, put into it a cawdle made with Sack, Sugar, the yolks of Eggs, and Butter; you muſt put Butter into the bottome of your Pye, and on the top, with ſome marrow and Dates cut in long pieces; this is a very fine Pye for thoſe that love ſuch Rich Pyes.

21. *To make a pudding of a Loaf.*

CHip a white Loaf, and put it into a ſkillet a little bigger than will hold it; put as much Cream to it as will cover it; put in a Blade of Mace, and boil it till it be tender, then take it up, and pour melted Butter, and Sack, and Sugar, over it.

22. *To make rare Chees-Cakes.*

SEt ſome cream over the fire, and turn it with Sack and Eggs, then drain it well, and ſeaſon it well with Roſe-water and Sugar, and Eggs, ſpice, Currance, and afew ſpoonfuls of Cream, ſo put it into your cruſt, adding a little Salt, and ſo bake them.

23. *To fry Garden-beans.*

BOile them well, then blanch them, and fry them with ſweet butter, whole purſly, and ſhred onyons, and melt butter for the ſawce.

24. *To make a Sorrel-ſallet.*

PIck it clean from the ſtalks, and boil it, and butter it well, put in ſome Vinegar and Sugar, then garniſh it with hard Eggs and Raiſons.

25. *To boil a Gurnet.*

DRaw your Gurnet, and waſh it clean boil it with water and Salt, with a faggot of ſweet herbs, and a blade of Mace; when it is boiled and well-drained, pour upon it Verjuice, Nutmegg, Butter and pepper, thickned with the yolks of eggs garniſh your diſh with barberries and oranges.

26 *To Roaſt a Legg of Mutton.*

TAke a legge of mutton, pare off all the skin as thin as you can, lard it with ſweet lard, and ſtick about it about a dozen of cloves; when it is half roaſted, cut off three or four thin pieces, and mince it ſmall with a few ſweet herbs and a little beaten ginger, put in a ladle full of claret wine, a piece of ſweet butter, two or three ſpoonfuls of ver juice, a little pepper, and a few parboiled capers; when all this is boiled together, then chop the yolk of an hard egg into it,

it, then dredge your legg with flower, and ſerve it upon the ſawce.

27. *To boil Chickens in white broth.*

TRuſs your Chickens fit to boil, and boil them in fair water, or thin Mutton broth, with a little Salt, a blade of Mace, and two or three dates cut in pieces; thicken your broth with beaten Almonds, ſeaſon it with Sack, Sugar, and a little Verjuice.

28. *To boil Chickens or Pideons with Gooſberries, or Grapes.*

BOil them with Mutton-broth, and White Wine, with a blade of Mace, and a little Salt, fill their bellies with ſweet hearbs; when they are enough, thicken the broth with a piece of manchet, and the yolks of two or three hard Eggs, ſtrained with ſome of the broth; then put ſome of the ſame broth into a boiled meat-diſh with Verjuice, butter, and Sugar; then put in your Grapes or Gooſeberries

Gooſeberries ſcalded tender, and pour it over the breaſt of your Chickens.

24. *To make a diſh with the ſweet-bread of Veal.*

BOil or roaſt your Sweet-bread, put to it a few parboiled Currans, a minced date, the yolks of two new laid Eggs, a little manchet grated fine; ſeaſon it with pepper, Salt, Nutmeg, and Sugar; wring in the juice of an Orange or Lemmon, and put it between two ſheets of puff paſte, and bake it, or fry it.

30. *To make a Carp Pye.*

WAſh your Carp well, and after you have ſcalded it, then draw it, and waſh it again; then dry it well, then put it in a pye. with good ſtore of ſweet butter, a little mace, pepper and Salt, with a few Capers, and a little Vinegar ſprinkled in.

31. *To make a Steak-Py.*

SEaſon your Steaks with pepper, Salt, and Nutmegg, and let it lie one hour, then take a piece of the leaneſt of a legg of Mutton, and mince it ſmall with Oxe ſuet, and a few ſweet hearbs; then put in grated bread, the yolks of Eggs, ſweet Cream, Raiſons of the Sun, work all together like a pudding with your hand ſtiff, and make it into balls, putting in a little Salt, then put them and your ſteaks into a deep Pye, with good ſtore of Butter, ſprinkle a little Verjuice on it, and bake it, then cut it up, and rowle ſage leaves in butter, and fry them, and ſtick them upright in your walls, and ſerve your pye without a cover, with the juice of Orenge or Lemmon.

32. *To make a Pigg-Pye.*

SCald it, and ſlit in the middle, fley it, and take out the bones; ſeaſon it with Pepper, Salt, Cloves aud Mace, and Nutmegg,

Nutmegg, chop ſweet herbs fine, with the yolks of two or three Eggs, and ſome plumped currants, then lay the one half of the pigg into your pye, and the herbs and currance and ſalt over it, and ſome butter; then lay the other half of the pigg on the top of that, and the reſt of the herbs and currance on the top with ſome butter, and ſo bake it; you may eat it hot or cold.

33 *To make a Red-Dear Pye.*

PArboil it, and lay it all night in red wine and vinegar, then lard it thick, and ſeaſon it with pepper, Salt, Cloves, Mace, Nutmegg and Ginger, bake it in a deep Pye of Rye-paſte, with ſtore of butter; let it ſoak well, leave a vent-hole in your Pye, and when you draw it out of the Oven, fit it up with butter and Vinegar, and ſo keep it and eat it cold.

34. *To make a Hare Pye.*

PArboil two Hares, and take the flesh from the bones, mince it small, and beat it in a morter, then sawce it in wine and Vineger, as you would do red Dear; lap all this about the chine of one Hare, and so it will seem but one; lard it well, and put it into your Pye with good store of butter, season it with Salt and spice, when you beat it; when it is baked, put in some melted butter to fill it up.

35. *To make Fritters.*

TAke the curd of a Sack posset, the yolks of five Eggs, the whites of two Eggs, and a little fine flower, put in a little Nutmegg and some Ale, and a little salt, mingle them well together; then slice in some apples very thin, and so dry them in lard boiling hot; if your batter be too thin, it will drink suet; if it be in good temper, it will swim.

36 *To make broth of a Lamb's head.*

BOile it with as much water as will cover it, and all ſorts of ſpice you like, thicken it with ſtrained oat-meal and cream, put in ſome raiſons and currance, which hath been plumbed firſt, and a little ſalt; when you take it up, put in ſack and ſugar.

37 *To make a Cambridge pudding.*

SEarce grated bread thorow a cullender, mix it with a little flower, ſalt, minced dates, currance Nutmegg and Cinnamon, and ſuet ſhred, new milk, fine ſugar, and eggs, leaving out ſome of their whites, work all together pretty ſtiff, then take half the pudding on the one ſide, and half on the other ſide, and make it round like a loaf; then take butter, and put it in the midſt of the pudding, and clap the other half on the top of it; put it into boiling liquor, and when it is boiled enough, cut it in the middle, and ſo ſerve it in.

38. *To*

38 *To make a Florentine of Veal, or other cold meat.*

MInce your meat fine, mix it with grated-bread, currance, dates, Nutmegg and ſugar, with a little roſe-water, a little ſalt, and two or three eggs, warm them together over a chafing diſh of coals, and ſtir them all the while, bake it in puff-paſte; take ſome of this, and lay it upon thin ſlices of white bread, firſt waſhed with the yolks of Eggs, and ſo fry them, and ſerve them in with beaten ſpice and ſugar for the ſecond courſe.

39 *To boile a Capon with Rice.*

BOile a Capon with water and ſalt, and a handfull, of ſmall oat-meal, then take a quarter of a pound of Rice and ſteep it in water, and ſo half boile it; then ſtrain the Rice thorow a Cullender, and boil it in a quart of milk; then put in ſome large mace and ſugar, put in a little Roſe-

Roſe-water, then blanch half a pound of Almonds, and beat them with cream and roſe-water, and ſo ſtrain them into a pipkin by it ſelf, and warm them over the fire; then take up your Capon, and pour the Rice over it, and then your Almonds; garniſh your diſh and ſerve it in.

40 *To boile a Capon with Pippins.*

PArboile your Capon in water and ſalt, then put the marrow of two or three good bones into a pipkin with a quart of white wine, a little ſliced nutmegg, four or five dates, and ſome ſugar; then pare ſome Pippins and cut them in quarters, put them into a pipkin, and cover them with ſugar and water; then make ſippets, of biskets, then take the yolks of height hard eggs, and ſtrain them with a little verjuice, and ſome of the broth wherein the capon is boiled, put them to the pippins with a little ſack, ſtir them together, and ſerve the capon in with them.

41. *To*

41 *To boile a wilde Duck.*

TRuſs and parboile it, then half roaſt it, then carve it, and ſave the gravy; take ſtore of onyons, Parſley and pepper, put the gravy into a Pipkin with a few currance, large mace, and claret wine; boil them together with the Duck; when it is enough, put in butter, and ſugar, and ſo ſerve it in.

42 *To boile Sawſages.*

BOile them in claret wine, large mace, and ſweet herbs.

43 *To ſowce a breaſt of Veal.*

BOne it, and lay it in fair water till the blood be gone, then dry it, then take all kind of ſweet herbs, beaten nutmeg, cinnamon and ginger, lemmonpill cut in fine pieces, mingle all together, and ſtrew all theſe on the inſide of your veal, then tye it up like a coller of

of brawn; let your liquor boile, being water and ſalt, then put in your veal; ſo you may uſe racks unbond, or breaſts unbound; let it be ſcimmed very clean, put in a faggot of ſweet herbs and cover it, for that will make it look white; when it is almoſt boiled, throw in a little ſliced nutmeg, large mace, and a lemmon ſliced, ſo keep it in the ſowce-drink, and ſerve it with vineger, and ſhred fennel in it, or alone.

44 *To make a grand Sallet.*

TAke in the ſpring-time, the buds of all kind of ſweet herbs, and of violets, and a handfull of capers, ſeven or eight dates cut in ſlices, one handful of Raiſins of Sun, ſtoned, one handful of blanched almonds, a handful of currans, five or ſix figgs ſliced, a preſerved orange cut in ſlices; mingle theſe together, then take a diſh fit for a ſhoulder of mutton, ſet ſtandard of paſte in the midſt of it, put a theſe mixed things about the ſtandard. ſet upon your mixed-ſallet, four half lemmons with the flat end downward;

right over againſt one another: half way betwixt your ſtandard and the diſh ſide, prick in every one of theſe a branch of roſemary with preſerved Cherries; ſet four hard egges without the ſhells betwixt your lemmons, the biggeſt ends downwards; prick upon your egges, ſliced dates and almonds, then lay another garniſh between the brim of the diſh and the ſallet, of quarters of hard egges, and round ſlices of lemmons, then garniſh the brimme of your diſh with preſerved orange in long ſlices, and betwixt every ſlice of orange a little heap of capers.

45 *To blanch Manchet in a frying-Pan.*

TAke the yolks of nine eggs, and five whites, beat them with half a pint of ſweet cream, put to them half a penny manchet grated, ſome ſugar, nutmeg, mace, and roſe-water, fry it with ſweet butter as you would a Tanſie in a very ſmall Frying-pan; when it is fryed, waſh it over with a little ſack and

and the juice of a lemmon, ſcrape on ſome ſugar and ſerve it in.

46. *To make a very good Pudding.*

TAke the crumb of a penny white loaf and cut it like dice, then pour over it a pint of ſodden cream, and cover it till it be cold, then take the yolks of of four eggs, and two whites, beat them very well, and put them to the reſt, then put in beaten ſpice and ſugar with ſome ſuet ſhred ſmall, then adde a little ſalt; put it into a diſh well buttered, having firſt put ſome thin ſlices of pippin in the bottom, and ſome raiſons of the ſun; then ſtick on the top, ſome good bigg pieces of marrow, and ſo bake it, ſcrape fine Sugar into it, and ſerve it to the Table.

47 *To pickle Hartichokes.*

GAther them with long ſtalks, then cut the ſtalks off cloſe to the Hartichokes, then take the pith out of the ſtalks and put it into your liquor, which muſt be water, with pears and apples ſliced, and a quince or two, make good ſtore of liquor, boile your liquor a while, then put in your Hartichokes till the pith be tender in the bottoms of them, then take them up and let the liquor ſeeth a good while after, then let it ſtand till it be cold, then clenſe it, and put therewith into your barrel, a little ſalt, then put in your Hartichokes and ſtop them up cloſe.

48 *To dry Beef as they do in Holland.*

TAke of the Buttock-beef of a fat oxe, ſalt it well with bay-ſalt four or five daies, then hang it a draining one day, then ſew it up in a thin cloth, and hang it up in a chimney to dry; when you

you would eat any of it, boile it very tender; and ſlice it ſo thin that you may almoſt ſee thorow it, and eat it with a Sallet.

49 *To pickle Cucumbers.*

WIpe them very clean, then ſprinkle them with bay-ſalt, and ſo let them lye three or four hours, then take carraway ſeeds, fennel ſeeds, dill ſeeds, cloves, mace, ginger, nutmeg and cinnamon beaten together; then wipe the ſalt from your cucumbers and lay them into your pot, and betwixt every lair, lay ſome beaten ſpices, and let your laſt laire be ſpices, then fill up your pot with white wine vineger, and ſtop them cloſe.

50 *How to make minced meat to keep five or ſix months.*

TAke a legg of beef and boile it very tender, then ſhred it very fine with ſtore of ſuet, then ſeaſon it with ſpice and ſalt, then bake it in a pot, and keep

it in ſeveral pots filled up with melted butter; and when you would eat of it, cut ſome apples in thin little pieces and ſtew them, and put in ſome plumped currans; when they are ſtewed well, put in ſome of your minced meat, mix them well together and ſerve it in upon ſippets.

51 *To make Dutch Sawſages:*

TAke beef and ſhred it fine, then ſeaſon it with ſalt and ſpice as you like it, then beat it in a morter, then fill your guts, being made very clean; then put ſo much ſalt into water as that it may bear an Egge, then boile it; and when it is cold, put in your Sawſages; you may keep them from *Michaelmas* to *May*.

52 *To make Anchovis of Sprats.*

TAke a peck of the beſt Sprats, pluck off their heads, and ſalt them a little over night, then take a little barrel, and lay

lay in it firſt a laire of bay ſalt, then a laire of ſprats, and ſo do till your barrel be full, putting in between every laire a few bay leaves, and a little lemmon pill, let your laſt laire be ſalt, then ſtop the barrel cloſe that no air get in; then pitch it and keep it in a cool cellar, and once in every week turn it upſide down; in two or three months you may uſe of it.

53 *To make Rice milk.*

TAke half a pound of Rice, waſh it well in warm water, and dry it in an oven, after bread is drawn, then beat it to fine flower, then take a pottle of cream, and blend a little of the flower therewith, then ſet it on the fire and thicken it with the reſt of the flower, put in ſuch ſpice as you love, and ſweeten it with ſugar.

54 *To make the beſt Almond pudding.*

TAke half a pound of ſweet almonds blanched and beaten with roſe-water

very well; then boile a quart of cream with large mace and nutmegg; when it hath boiled a while put in the almonds, and boile both together till it will come from the bottom of the skillet, then pour it out and ſweeten it with roſe-water and ſugar; when it is almoſt cold, break in twelve egges, and leave out half the whites, then colour them according to your fancy, and if you put in any currance, let them be firſt plumped; put in marrow ſome thing groſs, or beef ſuet finely ſhred, then fill your skins and boile them a little, then take them out again, and boile them again when they have cooled a little.

55 *To make a Devonſhire white-pot.*

TAke a quart of new milk, a penny white loaf ſliced very thin, make the milk ſcalding hot, then put it to the bread and break it, and ſtrain it thorow a cullender, put in two eggs, a little nutmegg, currans, ſugar and ſalt, and then bake it.

56 *To make clouted cream.*

TAke the morning-milke and ſcald it at noon, when it pimples ſlack the fire, then let it ſtand and harden a little, then take it off and let it ſtand till the next day; then take it off with a skimmer, and ſerve it to the table.

57 *To keep Veniſon nine or ten months good and ſweet.*

TAke a haunch of Veniſon and bore holes in it, then ſtop in ſeaſoning into it, as you do parſley into beef in the inſide of it; if it be red Deer, take pepper, nutmegg, cloves, mace, and ſalt; if it be fallow deer, then only pepper and ſalt; when it is thus ſeaſoned, dip it in white wine vineger, and put it in an earthen pot with the ſalt ſide down, having firſt ſprinkled good ſtore of ſpice into the pot; if it be fallow deer, three pounds of butter will ſerve, but if red deer then four pound; when you

put it into the oven, lay an earthen diſh over it, and paſte it cloſe up that no air can get out nor in, ſo let it ſtand ſix or ſeven hours in a very hot oven; when it is baked, take off the cover, and put in a trencher and a ſtone upon it to keep the meat down in the liquor; fill up the pot with melted butter, and ſo keep it, ſerve it to the table in ſlices with muſtard and ſugar.

58 *To make good White puddings.*

TAke three pints of cream, the crumb of two penny loaves, boile your cream with a little mace, ſlice your bread into a baſon, and put your cream into it, then take a Pound of ſweet almonds blanched and beaten with roſe-water, half a pound of rice flower, the yolks of ten eggs, and as much ſugar as you think fit, a little ſalt, and a good deal of marrow, ſo fill your skins and boile them.

and put in a ſpoonful or two of cream, then heat ſome butter in your frying pan, and when it is hot, put in your eggs and ſtir them a little, then fry them till you find they are enough ; and a little before you put them out of the pan, turn both the ſides over, that they may meet in the middle, and lay it the bottome upwards in the diſh ; ſerve it in with ver-juice, butter and ſugar.

66. To make puff-paſte a very quick way.

TAke three pounds of freſh butter, break it in little bits into half a peck of flower or little more ; then put in one egg, and as much cold Cream as will work it into a ſtiff paſte, do not mould it too much, for that will melt the butter and then it is ſpoiled ; but ſo ſoon as you can, roul it abroad, and make it into what you would have it ; this will be extream good if you obſerve to do it carefully.

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67 *To make a Florentine:*

TAke a quart of cream, and eight eggs, yolkes and whites, beat them well and put them into the cold Cream, ſet it on the fire and ſtir it till it run to curds, then drain it in a Cullender, and break it well with a ſpoon; then take a little marrow and cut it, and ſowr Dates ſhred ſmall, four bunches of preſerved barberies picked from their ſtalks, half a handful of grated bread, ſeaſon it with Roſe water and ſugar; ſome Nutmegs and a little ſalt; then cover it with ſome puff-paſte, and ſo bake it.

68 *To make a freſh Cheeſe.*

TAke a quarter of a pint of Roſe-water, ſteep in it all night one Nutmeg bruiſed, and a ſtick of Cinnamon groſly beaten; then take five pints of milk, not ſo hot as it comes from the Cow, ſet it with a little Runnet, and when it is come, drain the curds very well

well from the whey; then put in the Roſe-water ſtrained, and half a pint of thick Cream, ſweeten it with ſugar, and break it very well; then ſtrain it through a cloth, and put it into a little Cullender to ſhape it; then put it into a Diſh with Cream, and Wine, and Sugar.

69 *To make a Dumplin.*

TAke a pint of Cream and boyl it with a blade of Mace; then twelve ſpoonfuls of grated bread, five ſpoonfuls of flower; then take ſix yolks of Eggs and five whites; beat them very well, with two ſpoonfuls of Roſe water and as much fair water, ſeaſon it with ſugar, nutmeg and ſalt; mingle them altogether with the Cream, tye it in a cloth, and when your water boyles, put it in and boyl it one hour and half, and when it is enough, ſerve it in with Roſe-water, butter, and ſugar.

70 *To ſtew a Leg of Mutton.*

TAke a Leg of Mutton, and mince it ſmall, with a good quantity of ſuet; then put it into an earthen pot and ſet it on the coales with a quart of Claret Wine, and a little thin Mutton broth; then put in Raiſons, Pruens and Dates, Salt, Cloves and Mace, and let them ſtew together till you think they be enough, then ſerve it in upon Sippets.

71 *To ſtew a diſh of Steakes.*

TAke a Coaſt of Mutton, and cut it into ſmall pieces, bones and all, waſh them clean, and put them into an earthen pot, with a quart of white Wine and a little water, and ſo let it ſeeth, skim it well, then put in a good handful of Parſly with ſix Onions, both chopped very ſmall with ſome whole Cloves, Mace, and ſalt; when it is enough, ſerve it upon Sippets.

72 *A boyled Sallet of Spinage.*

TAke four or five handfuls of Spinage clean picked, boyl it well in water and ſalt; then drain it well from the water, and chop it well with the back of a Knife; then let it boyl in a Diſh over a few coals with ſome butter and vinegar, a few plumped Currans, and as much ſugar as you think fit, garniſh it with hard Eggs, and ſo ſerve it in.

73 *A good ſupper Diſh.*

TAke a leg of Mutton, and cut it in thin pieces as long as you can, and three or four fingers broad; then take Parſly, Onions, Penny-royal, and Time, and chop them fine with Mutton ſuet; ſeaſon it with Wine, Pepper, Cloves, Mace, and ſalt, ſo lay it upon the ſlices of Mutton, and roul them up, and faſten every one with a ſcure, then roul them in the yolks of Eggs and grated bread, ſo roaſt them or bake them in a platter with butter.

ter. Thus you may do Veal; but then put in ſome Currans. Theſe do well baked in a Pye, or ſtewed with Wine and butter.

74 *To make a very good Jelly.*

TAke a ſhoulder of Veal, cut it in three ſeveral pieces, but break none of the bones; pare all the fat away as clean as you can, then waſh it in five or ſix waters, & let it lye in water two or three hours, then boil it in fair water, till it be very clean, ſcum it very well, then take it from the fire & put it into another pot, with a pottle of white Wine, and as much of the broth as Wine; ſet it to the fire again, and ever as ſcum ariſeth, take it off; then ſet it over a ſoft fire ſix or eight houres cloſe covered, then take three or four drops of the ſtuffe, put it into the palm of your hand, and cloſe your other hand to it, and when it is cold, chafe your hands together, and if it cleave, it is enough; then take it from the fire and ſtrain

ſtrain it; when it is cold, take away all the fat and ſetlings at the bottom.

To colour it and ſeaſon it.

75 *For red Jellie.*

TAke a pint of your Jelly-ſtuffe, a quarter of a pint of pure white Wine, half a pound of Sugar, ſome Cinnamon, Nutmegs and Cloves bruiſed; then take a Tornſel cloth or two well dryed by the fire, and beaten with a ſtick from the duſt; put them into the Jelly ſtuff, and ſet them to the fire till it be good and warm; then wring the clothes well till you think it be coloured enough; then put in ſix or eight whites of Eggs well beaten, ſtir them well till it be boyled, then take it from the fire, and let it run thorow a Jelly-bag.

76 *For Chryſtal Jelly.*

TAke the ſame quantity of your Jelly ſtuffe as before, and Sugar, but not ſo much ſpice becauſe of the colour, ſo boyl

boyl it with the whites of Eggs, and let it run thorow a Jelly bag.

77 *For Amber-colour Jelly.*

TAke the ſame quantity of every thing as for the red Jelly, only in ſtead of Tornſel, you muſt put in a little Saffron.

78 *To make a Calves-foot Pye.*

TAke your Calves feet tenderly boyled, and ſplit them in the middle; ſeaſon them with whole Pepper, ſalt, Sugar and Mace; then put them into your pye with good ſtore of butter and Currans, and when it is baked, put in a Candle made with Verjuyce, the yolks of Eggs, butter and Sugar.

79 *A Made diſh for Fiſh-dayes.*

TAke Time, Sage, Marjorum, of each a like quantity, chop them fine; then take ſix or eight Eggs beaten, and ſtrain them into the herbs, ſtir them well together,

ther, and ſeaſon them with ſalt, Sugar, Cinnamon and Ginger, and ſome Mace; then put it into a Platter with ſome butter, and ſet it over a Pot-head of ſeething water cloſe covered, till it be hard enough to ſlice; then ſlice it, and lay it in a Diſh with ſome melted butter over it.

80 *To bake Mutton like Veniſon.*

MAke your paſte courſe, and faſhion it like a Pye; for Veniſon, parboyl your Mutton in Wine and Vinegar, and let it lye in the ſame three or four hours; before you parboyl it, thruſt your Knife often thorow that the liquor may ſoak through it; make it ſharp with vinegar; then take it out and lard it very thick, and caſt Pepper on every ſide of it; ſeaſon it with Pepper and ſalt, and lard in the holes, and put good ſtore of butter into the Pye, and bake it; make a vent in the middle of the Pye, and when it is baked, fill up the Pye with melted butter, and when you ſerve it in, ſtick

ſome

ſome Roſemary and Bays in the vent-hole, and eat it with muſtard and ſugar.

81 *To make a Sallet of Lemmon.*

TAke the thickeſt rinds and cut them in halfes, and take out all their meat; then boyl the rinds in ſeveral waters till you can run a ſtraw thorow them, pick and ſcrape them clean, and waſh them in cold water: then make a ſyrup with white Wine vinegar, water and ſugar, and when it is boyled and skim'd, put in your pills, cut in ſome pretty fancies, boyl them till they are cleer, and ſo keep them.

82 *To make good Pancakes.*

TAke a quart of fine Flower, put thereto, eight yolks of Eggs, and two whites, mix it with water, and make it thin, then put in ſuch ſpice as you think fit with a little ſalt; then ſet over the fire ſome tryed ſuet in a Poſnet, and when it is ſeething hot, put it into the Frying-pan

pan, and pour it out clean again; then pour in ſome batter as thin as you can and dry it on both ſides, and then put to it ſo much ſuet as will cover it, and fry it.

83 *To make Pancakes.*

TAke fair water lukewarm, make batter therewith, with grated bread and a little flower and ſalt; to the quantity of every Pancake, put one Egg, then ſeaſon it with ſpice and ſugar, and fry them with butter.

84 *To make a Haggis Pudding.*

TAke your Haggis or Calves ginne clean ſcowred and watered, and parboyl it well; then take out the Kernels, and chop it fine; ſeaſon it with ſalt, Sugar, and beaten ſpice; then put to it a little Cream, and ten or twelve yolks of Eggs, as much grated bread, a few minced Dates and plumped Currans, and ſo fill your skins, and boyl them carefully.

89 *To make Iſings.*

TAe your great Oatmeal, and ſteep it in Cream one night: then ſeaſon it with ſalt, Cloves, Mace and Currans; put in ſome ſuet, or ſome marrow, and a few ſweet herbs, ſo fill your skins, and boyl them.

90 *To make Liver-Puddings.*

TAke Hogs Liver well boyled, and ſtamp it well in a Mortar; then put to it good ſtore of ſuet minced fine, and the yolks of Eggs; ſeaſon it with ſalt, Pepper, Cloves and Mace, and a few Currance, and fill the skins and boyl them.

91 *To make good Sawſages.*

TAke ſome Pork, not too fat, mince it fine, then ſtamp it in a Mortar; ſeaſon it with Pepper, ſalt, Nutmegs, and a little Sage; then beat it well together,

ther, and when it is enough, keep it in Gally pots as long as you pleaſe; and when you would eat any of them, roul them in your hand like a Sauſage, and dip it in the yolk of Eggs, and fry them in butter.

92 *To boyl a Rabbet.*

TAke an old Rabbet, and cut her off by the hind loines, and in the belly of her you muſt make a pudding with a ſweet-bread or Kidney of Veal, ſweet herbs, bread, ſuet, Currance and ſpice, Eggs and Sugar; boyl it in ſweet broth, of Mutton or the like, with ſome chopped Parſly, and ſalt, and whole ſpice; when it is almoſt boyld, put in two handfuls of Gooſeberies, then thicken the broth with the pap of Codlings, and put in ſome freſh butter, ſo ſerve it in with your Diſh finely garniſhed.

93 *To make a Tart of Cream.*

TAke a pint of cream and twelve Eggs, yolks and whites; ſtrain them with your Cream, and ſeaſon it with ſalt, ſugar and ſpice, put to it a little ſweet butter, and a little Roſewater, ſet it over the fire and ſtir it that it do not burn till it be thick; then let the whey run clean from it, then ſtrain it from the thin, and fill your Tart; bake it but a little, then caſt over it ſeveral ſorts of ſweet meats, and ſerve it to the Table.

94 *To make a Tart of Cheeſcurds.*

TAke your Curds and ſtrain them with the yolks of Eggs, Roſewater and Sugar, and ſome ſpice; put to it ſome ſweet butter, and ſet it over a Chaffing-diſh of coals till it be hot, then fill your Tart and bake it.

95 *To make Fritters*

TAke eight or ten Eggs, and half the whites, beat them well, then make a tender Poſſet of Ale, and Milk, and break the curd and the drink together; then take the thickeſt of it for liquor to mingle your batter; then take a little Sack, Nutmegs, Cloves and Ginger, a little grated bread, flower, and ſalt, and apples cut thin; let your batter be very thick, or elſe it will drink ſuet.

96 *To make excellent Puddings.*

TAke a pint of ſweet cream, half a handful of Marjorum, as much Penny-royal, as much of Winterſavory, ſtamp theſe, and ſtrain them into the Cream; then put in the yolks of Eggs and grated bread, ſuet, Cloves, Mace, Nutmeg and ſugar, with ſome Roſe-water, and a little ſalt, ſo fill your skins and boyl them.

97 *To ſeeth a Pickeril.*

TAke a fair pan, a little yeſt, & a good deal of white Wine, and fair water; then ſlice two Onions very thin and put them to the broth, then put in a little whole Mace, a little ſalt and half a pound of butter, let them boyl together a good while, then waſh your Pike and put his tail in his mouth, and when he is boyled enough, garniſh your Diſh, and make ſawce for him with ſome of the liquor, ſome freſh butter, and an Anchovis or two.

98 *To boyl Calves lights.*

BOyl them firſt in water; then take Parſly, Onions and ſweet herbs, and chop them ſmall, & when the lights are boiled, put them into a little pot with the herbs and Onions, with ſome of their own liquor, ſome butter and Verjuyce, and ſpice, and ſalt; ſo let them boyl a little while, and ſerve them on Sippets.

99 *To*

99 *To dreſs Sheeps feet*

WHen they are boyled and blanched, cleave them in ſunder ; then take the yolks of Eggs, with a little chopped Parſly, and a little ſalt, and fry them with ſweet butter : ſerve them in. with Verjuyce and butter.

100 *To pickle Quinces.*

TAke as much ſmall Ale as will cover your Quinces in the Veſſel ; then take ſome of your refuce Quinces, and cut them ſmall, core and all, put them into the liquor with ſome Pears ; cut in pieces a good quantity of either, let theſe boyl till the one half be conſumed; then take it from the fire, and ſtrain it, and let it ſtand all night ; then put your Quinces into a Veſſel, either of wood or ſtone, juſt as they came from the Tree, and to every ſcore of Quinces put in a quart of Perry ; be ſure you have liquor enough to cover them, then

cover them with the refuce Quinces, and put ſomething that will keep them down cloſe in your Veſſel that no ayr get in.

101 *To make Polonia Sawſages.*

TAke Pork, and pick it clean from the bones and skin, let it not be too fat, mince it well, and beat it in a Mortar very fine; then weigh it, and to every pound of meat, take one ounce of ſalt; then take Pepper, Cloves, Mace, Ginger, Nutmegs & Cinnamon, of each a like quantity, being mixed together, allow one ſpoonful of this to a pound of meat; then take Anniſeeds, Carroway ſeeds, Coriander ſeeds, of each a like quantity mixed together & beaten; allow half a ſpoonful of theſe to one pound of meat; firſt ſeaſon your meat with the ſalt, kneading it in very well, and ſo let it lye one day and one night; then put in your ſpices and knead them in very well with a little Muſcadine, kneading it morning and evening with a little more Muſcadine two dayes together; your guts muſt now

now be ready, having before lyen in ſalt and water two dayes, then in ſack and musk two dayes more, then fill your guts with the meat, and ſmoak them one night in the Chimney; then hang them where they may have the warmth of the fire; when they are dry take them down, and keep them in a barrel of Wood-aſhes ſifted, to keep them as long as you pleaſe; if you would not have them dry, take them down and put them into ſo much oyle as will cover them; after they have been ſmoaken a night or two (they will keep in oyle ſeven years) when you would eat of them, boyl them very well, and ſlice them thin, and eat them cold.

102 *To Sowce a Pig.*

AFter it is ſcalded, chine it as you do a Hog, then take the ſides and dry them in a cloth, then bone it and lay it in water one day and one night, then take ſweet herbs & chop them very ſmall, and ſlice a nutmeg, with a race of ginger, mingle the ſpice and herbs well together

with a litle ſalt, then ſtrew the fleſhy ſides with them, and ſprinkle ſome white wine vinegar on them, then bind them up in collars, and tye them hard with pack thred, or rather tape; then boile theſe coſlars in water and white wine vinegar, and a good deal of ſalt; do not boile the head and the claws ſo much as the collars, when it is well boiled, ſtrain the liquor and boile in it whole mace, and put in a ſliced lemmon; when you take it off the fire, when it is cold, put in your pigg, and let it lye one week, then ſerve it in with muſtard and ſugar.

103 *To Sowſe an Eele.*

TAke a very large Eele and ſplit it, then take out the bones, and ſtrew it with ſweet marjorum, time, roſe-mary, mace, and ſome nutmeg; then rowle it up, and tye it hard, ſew it up in a cloth, and boile it in water and ſalt; then make ſowſe-drink for it with beer, water and ſalt.

104 *To ſeaſon a Calves head for a Pye.*

WHen you have boild it pretty well cut it very clean from the bones, ſeaſon it with mace, nutmegg and ſalt, put ſix hard egges into the pye, and a little above half a pound of butter; when it is almoſt baked, put in a cawdle made of verjuice, butter, the yolks of egges and ſugar, then ſet it into the oven again.

105 *To pickle a Gooſe.*

TAke a Gooſe and powder her four daies, then take lard ſeaſoned very well with nutmegg, ſalt and pepper, lard her with it very well; then take two quarts of white wine, and a quart of white wine vinegar, and as much water to make it up as will cover her; then put in half a handfull of whole pepper, one handfull of ſweet herbs, a handfull of cloves and mace, a handfull of bay-leaves, ſix great onions, ſix cloves of garlick; boile her:

her till ſhe be tender, and let her lye in the liquor twelve or fourteen daies; then garniſh your diſh with bay-leaves, and ſerve it in with muſtard and ſugar.

106 *To Sowſe a Turkey.*

TAke the fatteſt Turkey-cock you can get, pluck it dry, and ſplit it down the back bone, take out all the entrals and waſh it clean, and ſew it up again; then take two quarts of wine, and as much water; put into it large mace, cloves, and a handfull of ſalt; ſet theſe on the fire together, and when it begins to boil put in the turkey; let it boile, and skim it well, then ſet it on a ſoft fire, and let it ſtew untill it be tender, then put it into an earthen pan, and let it ſtand all night, then pour the clean liquor from the ſetlings into the pot wherein you mean to ſowſe it, and put to it two quarts of white wine, a pint of vinegar, and a handfull of ſalt; then put the turkey in, and cover it cloſe; let it lye twelve or fourteen dayes.

107 *To dreſs a neck of Mutton the French way.*

TAke a large neck of Mutton, boile it and skim it well, then take two handfulls of parſly, pick it, waſh it, and put it into a net, and boile it with the mutton with a little freſh butter, and a little ſalt; then take a pinte of oyſters, and ſtew them in their own liquor, with a little whole mace, and a little white wine vinegar; then take half a pound of butter and ſet it on the coals, keep it beating till it be ready to boyle, then ſhred the parſly ſmall, and half a lemmon cut ſmall, four or five ſpoonfulls of white wine vineger, ſtir them all together, then put in your oyſters; garniſh your diſh with olives, capers, ſamphire and lemmon; cover the diſh with ſippets, and lay your meat on them, then pour over your ſawce.

108. *To make an Apricock pudding.*

TAke a quart of ſweet cream, and one manchet grated, the yolks of ſix egges, and three whites, ſeaſon it with nutmeg, roſe-water and ſugar; boile your cream firſt with a little mace, then mingle all this together with ſome marrow; and when it is ready to go into the oven, cut ſome preſerved apricocks in quarters and put in.

109 *To haſh a ſhoulder of Mutton.*

WHen your mutton is half roaſted, cut ſome of it in bits and mince it; then ſet it a ſtewing with the gravy, and ſome claret wine, nutmeg, capers, ſamphire and a little vineger, with ſome ſliced onion; when it is enough, put in ſome lemmon minced, rinde and all, then lay your mutton in the diſh, and pour the reſt upon it.

110 *To make an Almond Tart.*

TAke half a pound of ſweet almonds blanched, and beaten with roſewater, then boile a quart of cream; and when it is cold, take the yolks of eight eggs well beaten, and mix them with your cream and almonds, ſeaſon it with roſewater, nutmeg and ſugar, cinnamon, cloves and mace, then bake it in a diſh with puff paſte; this, if you adde ſome grated bread, fruit and marrow, it is a very fine pudding.

111 *To make an Hartichoke Pye.*

TAke the bottoms of them tenderly boiled, ſeaſon them with pepper, nutmegg, cinnamon, ſalt and ſugar; having your pye ready raiſed, put in firſt ſome butter, then your Hartichoke bottoms, then whole mace, marrow, dates and cittron pill; then good ſtore of butter again, with a little white wine or ſack; when it is baked, put in a cawdle made with

with verjuice, butter, ſugar, and the yolks of eggs.

112 *To ſtuff a ſhoulder of Mutton with oyſters.*

SPit it, and cut it ſlaunting, and ſtuff it full with oyſters, baſte it with claret wine and onions; and when it is roaſted, take all the gravy that comes from it, and ſome oyſters, two anchoves, capers, ſamphire, and a lemmon cut ſmall; heat them together, and when your mutton is enough, diſh it, and pour the ſawce over it.

113 *To make an Oyſter pye.*

TAke them out of their ſhells, waſh them, and ſtrain their liquor; lay firſt into your pye, good ſtore of butter, whole mace and pepper; put your oyſters to their liquor, ſeaſon them with pepper and nutmeg, then put in hard eggs, whole mace, and butter, with a little ſalt, ſo cloſe your pye and bake it; when it

it is baked, put in ſome white wine, butter, vinegar and ſugar, with the yolks of egges.

114 *To make Hypochriſt of Deal wine.*

TAke four gallons of Deal wine, two gallons of ſack, nine pounds of powder ſugar, twelve ounces of large cinnamon, nine ounces of ginger, half an ounce of cloves, one ounce of coriander-ſeeds, one ounce of nutmeggs; put the wine and two parts of the ſugar into a tubb, then put in the ſpice bruiſed; let it ſtand cloſe covered twenty four hours, then put in the reſt of the ſugar and two wine quarts of milk, ſtirre them together & run them thorow an Hypocriſt bagg; keep it in ſtone bottles cloſe ſtopped, it will keep a month.

115 *To make a Phraſe of apples.*

TAke two pippins, pair them, and cut them in thin ſlices, then take three Eggs, yolks, and whites, beat them very well, then put to it ſome nutmeg grated, ſome roſe-water, currans and ſugar, with ſome grated bread, as much as will make it as thick as batter; then fry your apples very well with ſweet butter, and pour it away; then fry them in [illegible] butter till they are tender; then lay them in order in the pan, and pour all your batter on them; and when it is fryed a little, turn it; when it is enough, diſh it with the apples downward, ſtrew ſugar on it, and ſerve it in.

116 *To make a good Pudding to Bake.*

TAke boiled cream, put in ſome grated bread, yolks of eggs, marrow, dates, blanched almonds beaten fine, ſalt, roſe-water, ſugar and ſpice, candied citron

tron pill, hard eggs, and Iringo roots; ſo bake it, and ſerve it in.

117 *To ſtew Chickens.*

TAke two Chickens, pull them and quarter them, waſh them clean from their blood, ſeaſon them with peper, ſalt and parſley finely ſhred, then put them into a pipken with no more water then will cover then; when they are enough, put in a quarter of a pound of ſweet butter, then take up your chickens, and put in ten eggs well beaten, ſtir it till it be thick, then pour it over your Chickens, and ſerve them in.

118 *To boile a Capon.*

TAke a fat Capon, boile it with water and ſalt, ſome large mace, and a bundle of ſweet herbs; and when it is almoſt boiled, put in ſome capers; then cut a manchet, bruiſe it, and ſcald it with ſome of the fat which ariſeth from the Capon; then lay your capon on thoſe ſops

ſops, and lay the mace on it, and then good ſtore of of capers, butter and vinegar.

119 *To ſtew a Cows udder.*

TAke a Cows udder very tenderly boiled, and ſlice it in thin long ſlices, put them into a pipkin, with a little thin mutton broth, a piece of ſweet butter, and a little beaten ginger, a little ſugar, and a few currance, with a little ſalt; let it ſtew a while, and then ſerve it in, but firſt put in a little verjuice.

120 *To ſtew Hartichokes with cream.*

TAke the meat of the Hartichokes renderly boiled, and let them ſtew ſoftly between two diſhes, with cream, ſack, ſugar and gated nutmegg; ſo let it ſtew till it be all alike; then diſh it, and ſerve it to the table.

121 *To ſtew Pippins with Cream.*

TAke your Pippins, pare them and core them; if you would have them red, bake them firſt, or elſe put to them as much water as will cover them, and ſome cinnamon and cloves unbeaten; turn them ſometimes, and cover them cloſe; ſet them over the fire till they begin to be tender, then ſweeten them with ſugar; and boile them when the ſugar is in till they are clear, then put ſweet cream to them, and let them ſtew together till you find they be enough: thus you may do with baked pears.

122 *To fry Toaſts.*

TAke a manchet and cut off the cruſt, then cut it into thin round ſlices, ſoak them well in cream, then take three eggs well beaten; and when your batter is hot in the frying-pan, dipyour ſlices of bread in the egges and fry them; when they are fryed a little,pour the reſt of the eggs

egges on them and turn them, and when they are fryed enough, put ſome roſe-water, butter and ſugar to them.

123 *To make Hartichoke broth of Chickens or Veal.*

TAke two Chickens, or a piece of Veal, and when it hath boiled, and is skimmed clean, then take as much of the broth, as you ſhall have occaſion to uſe; put into it a little whole mace, lettice and ſpinage, and let it boile; then take the bottoms of three hartichokes tenderly boiled, and ſcrape all that is good from the leaves, mingle the ſcrapings with ſome of the broth, and put it to the reſt and ſtir it about, beat the yolks of two or three egges, with ſome vinegar or white wine, and ſome ſugar; and then put it into them, with your hartichokes bottoms to heat; but before you put in the egges, take up your Chickens, and diſh them with ſome of the herbs upon them, and ſome pieces of the bottoms, and let the reſt ſwim by; forget not to put

put in ſalt into the water you boile your meat in.

124 *To make a Calves feet Pudding.*

TAke two Calves feet tenderly boiled and pilled, mince them ſmall, with the crum of two manchets, that it cannot be diſcerned what it is; then take half a pound of beef ſuet ſhred ſmall, the yolkes and whites of egges, beat them well together; then take one handfull of Plumped currance, mix all theſe with a little ſalt, and ſome grated nutmeg and ſugar, and what other ſpice you pleaſe; put it into the cawle of a veal, being firſt ſewed up like a bagge; and as you put it in, put in good ſtore of marrow, then tye it up in a napkin, and throw it in boyling water, and let it boile two hours; then take it up and ſtick it with blanched almonds, and pour on it verjuice, butter and ſugar.

125 *To make little Apple paſties to fry.*

TAke pared Apples and cut them into ſmall pieces to ſtew, ſtew them to papp with claret wine and ſpice, then put in a good piece of ſweet butter, cinnamon ginger, roſe-water, ſugar and plumped currance; then put them into the puff-paſte and fry them, ſo ſerve them in with ſugar.

126 *To Sowſe a Pigg whole.*

TAke fair water, Rheniſh wine and ſalt, and when it boiles put in your Pigg, with a branch of roſemary, ſome large mace, and a nutmeg grated, and ginger ſliced; boile the Pigge till it be tender; then put in ſome verjuice, and take it up, then ſlice a lemmon into it, rinde and all, and put in a few bay-leaves; when the liquor is cold, put in your Pigge, and let it lye a fortnight, ſerve it in with muſtard and ſugar.

127 *To make a Hedge-hog pudding.*

TAke a two penny loaf, with fair water, and a little milke, the yolkes of five egges, and three whites, one grated nutmegg, and a little ſalt, ſome ſugar, and a little roſe-water, then butter a wooden diſh and put it in, tye it up cloſe in a cloth that no water get in, put it into boiling water; and when it is boiled ſlip it out into a diſh, and prick it full of blanched almonds cut in long ſlender pieces, and raiſons of the ſun cut in like manner; pour on it roſe-water, butter and ſugar.

128 *To make white Metheglin.*

TAke of ſweet-bryer, violets, ſweet-marjorum, large time, ſtrawberry leaves, violet leaves, egrimony, of each one handfull; burrage and bugloſſe, of each three leaves, four branches of roſemary, three or four red gilly flowers, anniſeeds, coriander ſeeds, fennel ſeeds

and carroway ſeeds, of each half a ſpoonfull, ſome large mace; boile all theſe in a gallon of water for the ſpace of an hour, then ſtrain it and let it ſtand till it be cold, then put in as much honey as will make it ſtrong enough to bear an egg, then boil it well; and when it is almoſt cold, skim it well, and ſo do in the boiling; then put in a little ale-yeſt about a pint, and beat it ſoundly with a ſtick, then turn it up, and hang a little bag in the veſſel with nutmeg, cinnamon, ginger, cloves and mace, and lenimon pill; keep the bag down in the liquor; when it hath been tunn'd a while, bottle it and you will find it very rare.

129 *To make balls of Veal or Mutton.*

TAke a leg of mutton, or fillet of veal, mince it ſmall, with pennyroyal and parſley, then mingle it with a little grated bread and currance, and two eggs well beaten; ſeaſon them with cloves, mace, pepper and ſalt; make them like tennis balls, and cruſh them together with your

your hands: boile them in a deep diſh with ſome butter and mutton broth, over a chaſing diſh of coals, and put in a few currance; when they are enough, ſerve them in upon ſippets.

130 *To make a Lamprey Pye.*

TAke your Lampreys, pull out the pith that runs along the back, and all the black, then waſh them clean: ſeaſon them with pepper and ſalt, make the cruſt of your pye very thick, and put good ſtore of butter in the bottom; then lay in your Lampreys with ſome large mace, then more butter, and ſome white wine, ſo bake it very well, then fill up the pye with melted butter, and keep it to eat cold.

131 *To make rare Bartlemas Beef.*

TAke a fat Brisket piece of Beef and bone it, put it into ſo much water as will cover it, ſhifting it three times a day for three dayes together, then put it into as much white wine and vineger as

will cover it, and when it hath lyen twenty four hours, take it out and drye it in a cloth, then take nutmeg, ginger, cinnamon, cloves and mace, of each a like quantity, beaten ſmall, and mingled with a good handfull of ſalt, ſtrew both ſides of the Beef with this, and roul it up as you do Brawn, tye it as cloſe as you can, then put it into an earthen pot, and cover it with ſome paſte; ſet it into the Oven with houſhold bread, and when it is cold, eat it with muſtard and ſugar.

132 *To ſtew Fiſh.*

TAke of white Wine and Vinegar an equal quantity, grated bread two or three Anchoves, a few Capers finely ſhred, and a little ſalt; put all theſe together, having liquor enough to cover the Fiſh, ſet them into a hot Oven, covered with a diſh, and when they are enough, put in ſome butter and ſerve them in; if you put in no Capers, then put in ſweet Marjorum, Parſly and Onions.

133 *To ſtew Soals.*

TAke a pair of large Soales, fley them, waſh them, and dry them in a cloth; flower them, and fry them with Beef ſuet; then lay them in a diſh, and take ſome Anchoves well waſhed in white Wine, open your Soales, and put the Anchoves into the middle of your Soales; then put in ſome white Wine or Claret, with a good piece of butter, ſet it upon coales, and when they have ſtewed a while, thicken the liquor with grated bread, and grate in a little Nutmeg, and a little ſalt, and ſo ſerve them in.

134 *To make Almond Cuſtard.*

TAke half a pint of Cream, ſlice into it half a penny white loaf, let it be well ſteeped; then take half a pound of Almonds blanched and beaten with Roſewater, eight yolks of Eggs, four whites, beat them well and mix them together, put to them a quarter of a pound of ſu-

gar, a quarter of a pound of butter, and bake it.

135 *To make Scotch Collops either of Beef, Veal, or Mutton.*

CUt your meat very thin, then beat it with a Rowling pin till it be very tender; then ſalt it a little, and fry it in a pan without any liquor, and when it is enough, take ſome butter and the gravy out of the Pan, and a little Vinegar, or the juice of a Lemmon, and ſome Anchoves, ſet it on the coals till the Anchoves be diſſolved; then put your meat into a diſh, and pour the ſwace over it.

136 *To make Collared Beef the beſt way.*

TAke a flank of Beef, make brine for it with pump-water and bay-ſalt, ſtrong enough to bear an Egg; then ſplit your Beef in the middle, and it will make two Collars, then take the skin off, and lay your Beef in the brine with four pounds of ſuet, and let it lye all night; then

then take two handfuls of Sage chopped ſmall; one ounce of Pepper, two ounces of Cloves, two ounces of Mace, ſix great Nutmegs, beat your ſpice, and mix it with your Sage, & a handful of Taragon chopped ſmall, and two handfuls of ſalt; then ſtrew theſe things upon your Beef, and roul it up in Collars, tye it hard, and put it in a pot: then ſhred your ſuet and lay on it, put in a pint of Reniſh Wine, and a pint of water, or better, ſet it into the Oven with houſhold bread cloſe paſted up, and let it ſtand all night; when you draw it, take it out of the pot, and turn it; then tye your pot up cloſe again, and let it ſtand till the next morning; then hang it up in the Chimney not too hot; eat it with muſtard and ſugar.

137 *To make a Lumber Pye.*

TAke half a pound of Veal, parboyl it, and ſhred it ſmall with a pound of ſuet; then grate a penny loaf, and take ſix Eggs, yolkes and whites, ſeaſon your meat with beaten Cinnamon, Cloves and

Mace, then take a handful of Spinage, and a few ſweet herbs, chop them very well and put them to the meat, with a quarter of a pint of good Verjuyce, and half a pound of Currance, half a pound of loaf ſugar; work all theſe things together with your hands, and put in a little ſalt; having your Pye ready raiſed, take the marrow of two good bones, roul the marrow in the yolkes of Eggs: then take two ounces of Suckets, as much of preſerved Orange-pill, as much of cittron-pill, as much of Iringo roots: fill your Pye as hard as you can thurſt it with the minced meat, and then your ſweet meats, then your marrow, and a Pound of butter, bake it, and ſerve it in with a Caudle made with Sack, Roſe-water, yolkes of Eggs, butter and ſugar, pour it into the Pye, and ſcrape on ſugar.

138 *To make Bisket Pudding.*

TAke a pound of Naples bisket ſliced thin, and put it into a quart of boyled

boyled Cream, let it ſtand to ſoak cloſe covered; then take Pippins very ſmall minced, and the marrow of two or three bones crumbled very ſmall, a little beaten ſpice, Roſewater, Sugar, and a little ſalt, with the yolkes of four eggs and two whites; you may either boyl theſe in Guts, or otherwiſe, or bake them.

139 *To fry Oyſters.*

TAke of your greateſt Oyſters, waſhed well and dryed in a cloth, fry them with a little butter; then take three or four yolks of Eggs well beaten, and pour on them when they are in the Pan, and ſift a little flower over them; when they are enough, ſerve them in with a little butter and white Wine.

140. *To make Egg Pyes.*

TAke ſix hard Eggs, pilled and choped very ſmall, with ſix pippins, and a pound of ſuet; ſeaſon it with beaten ſpice, ſugar, Currance, ſalt, Roſe-

water and Sack: ſo fill your Pyes and bake them.

141 *To make Barley-broth.*

TAke a Knuckle of Veal, ſet it on the fire with four quarts of water, and a little ſalt; when it boyls and is skim'd, put in a pound of French Barley well waſhed, and a bundle of ſweet herbs; and when they have boyled half an hour, put in as many Raiſons of the Sun ſtoned, and as many Currance as you think fit, and ſix ſliced Dates; when they have boiled half an hour, put in ſome marrow in little pieces, and let them boyl ſoftly till half be boyled away; then beat the yolks of Eggs about four or five, and fill up the Porrenger with Sack, beat them well together, and mingle them with ſome of the warm broth, and ſtir them in over the fire; put in Roſewater and Sugar, and ſo ſerve it in.

142 *To make a Rice Pudding.*

BOyl half a pound of Rice over night in Milk, the next morning put to it the crumbs of two Manchets, a little Cream, and a quarter of a pound of ſuet, put in ſalt, ſpice, ſugar, and Currance, and the yolks of Eggs, boyl it, and ſerve it in with Roſewater, butter, and ſugar.

143 *To make an Oatmeal-Pudding.*

STeep ſome Oatmeal in Milk all night, in the morning pour the Milk from it; then put in ſome Cream, beaten ſpice, ſalt and Currance, with as many Eggs as you think fit; ſtir theſe together and boil them in a bag, made like a Jelly bag, and ſo boyl it for four hours, then ſerve it in with melted butter.

144 *To make a green Pudding.*

TAke a pint of boyled Cream, and while it is hot, ſlice in the crumbs of two Manchets, cover it cloſe, and let

it

it ſcald; then ſtir it well together; ſeaſon it with ſalt and beaten ſpice, Roſewater, Sugar, and what Eggs you pleaſe, ſome marrow, and ſome ſuet, with a little more Cream; then colour it with the juyce of Spinage, and either boyl it or bake it; then ſcrape on ſugar and ſerve it in.

145 *To ſtew Oyſters.*

TAke three pints of Oyſters with their liquor, ſtew them with a blade of Mace and a ſprig of Time; when they are enough, take the liquor from them, and lay them before the fire to dry; then take the yolks of Eggs well beaten, put to them a piece of butter, ſome juyce of lemmon and ſugar; thicken it over the fire, and pour it over the Oyſters, and ſo ſerve them in.

To ſtew a Rump of Beef.

TAke a Rump of Beef, and when it is half boyled, put it into an earthen pot,

pot, put to it a quart of its own liquor, and a quart of Claret Wine, half a handful of Capers, as much Samphire, as much pickled Cucumber ſliced, two Onions ſliced, with ſome Mace, Nutmeg and ſalt; cover it cloſe and bake it, and ſerve it in with Sippets.

147 *To make a good freſh Cheeſe.*

TAke the whites of ten Eggs, and beat them very well, then take a pint of Cream, ſet it on the fire, and ſtir your whites of Egs in it till it be thick; then put it in a courſe cloth two or three hours, then open your cloth and ſweeten it, and put in a little Sack, and Roſewater, then put it into a little Cullender fit for that uſe, and thurſt it hard with the back of a ſpoon; when you ſerve it, ſlip it into a diſh, and eat it with Cream, Wine and Sugar.

148 *To make ſawce for a Cods-head, or any other freſh fiſh.*

BOyl your Fiſh in ſalt and water, and a bundle of ſweet herbs, and when it is

is boyled, take ſix or eight ſpoonfuls of the liquor, put to it half a pint of white Wine & three Anchoves, and two Nutmegs ſliced, ſet it on the fire and ſtew it; then ſtrain it thorow a hair ſieve, and put in ſome ſweet butter and beat it together, and pour it upon your Fiſh.

149 *To fry a Coaſt of Lamb.*

PArboyl it, and take it clean from the bones; then take the yolkes of five or ſix Eggs, beaten, and a little ſweet Marjorum and Parſly chopped ſmall; beat them with your Eggs, and cut the Lamb in little pieces, wrap it in the Eggs, and fry it with water and ſalt, make ſawce for it with white Wine, butter and ſugar.

150 *To make ſawce for Snipes, or for any ſmall Birds.*

TAke Claret Wine, ſalt, and the gravy of any kind of meat, the crumbs of bread, and ſome Sage leaves or Bay-leavs, boyl

boyl them together; then ſcruſe the joyce of a Lemmon, take out the leaves, and put in ſome butter.

151 *To make a Carp Pye.*

TAke a great Carp and ſcale it, gut it and waſh it very clean, ſeaſon it with ſpice and ſalt; then put butter into your Pye; then the Carp, then ſome whole ſpice, and ſome ſweet herbs, with ſome Capers, then ſome more butter; ſo cloſe it and bake it.

152 *To ſtew a Line of Mutton.*

BOne it, and ſlice it, then ſtew it with as much white Wine as will cover it; then put in ſalt, and ſtore of Sives ſhred ſmall, with ſome grated Nutmegs; when it is well ſtewed, put in Verjuyce, butter, and ſugar.

153 *To ſtew a Calves head*

BOyl it in white Wine, water and ſalt, and when it is tender, cut the one half of the head into little pieces; then cut ſome Oyſters and mingle them together, with a blade of Mace, and a little liquor of the Oyſters; put in two or three Anchoves, put the other half head to them whole; when it is enough, thicken the ſawce with yolkes of Eggs, and ſerve it in.

154 *To make a fricaſſe of Chickens, or any meat elſe.*

CUt your meat in little pieces, and put it in a frying Pan, with water and a little ſalt, and when it is almoſt ſtewed enough, put in ſome Oyſters with their liquor; put in ſweet herbs, Nutmeg, and a little Orange pill, and when you think it is enough, take up the meat, and put ſome butter into the ſawce; then thicken it with the yolkes of Eggs over the fire, and pour over it. 155 *To*

155 *To dry Neats Tongues.*

LEt them lye in brine made with Salt; pepper and ſalt one week; then make the brine, and let them lye a fortnight in that; then hang them in the Chimney.

156 *To ſtew Carpes*

TAke four Carpes, waſh them clean, lay them in a diſh, open their bellies, and take out their guts, and let the blood run into the diſh; then put to them a quart of Claret Wine, and ſlaſh the Carpes over in ſeveral places with your Knife; then put in ſome pickled Muſhrooms, and ſomes Anchoves waſhed, half an ounce of Mace, half an ounce of Nutmegs, ſome ſweet herbs, and ſome parſly; when they have ſtewed a while, put in three pints of Oyſters with their liquor, two cloves of Garlick, and a little ſalt, with ſome Capers, let them ſtew upon a Charcoal fire ſoftly for three houres or more; then put in ſome ſweet butter, and

and ſhake it well together; then garniſh your diſh with Barberies aud Oyſters, Capers, Lemmon, and ſuch like, and ſerve it in.

157 *To make a Larke Pye.*

TAke the Kidney of a roaſted loin of Veal, ſhred it; then take two Eggs, one Nutmeg grated, a little beaten Cinnamon, grated bread, Roſewater and Sugar, with a few Currance, and a little ſalt, warm this together over a Chaffing diſh of coals; then take your Larks clean dreſſed, and fill their bellies with this, and of the remainder make round balls; then put butter firſt into your Pye, and then your Larks and balls, preſerved Barberies, Dates, Marrow and Sugar; when it is baked, put in a Caudle made with white wine, yolks of Eggs, butter, and ſugar.

158 *To boyl a breaſt of Veal.*

BOyl it with water and ſalt, and a bundle of ſweet herbs till it be tender, then take ſome of the broth, and thicken it with hard Eggs; then diſh your Veal, then put in Verjuice, butter and Capers into your ſawce, and thicken it with the yolks of raw Eggs beaten, and pour it over your meat, being laid upon Sippets.

159 *To ſtew Pidgeons.*

STew them in white Wine and water; put in whole Mace, whole Pepper and ſalt, with ſome Artichoke bottoms tenderly boyled; when they are enough, put in ſome butter, and ſerve them in.

160 *To fry Puffes.*

TAke half a pint of Flower, a little Cream, and one Egg, a little good butter, and a little Nutmeg; knead it into a paſte,

a paſte, and roul it as thin as a Pye-lid; cut them into what form you pleaſe, and fry them in lard or Beef ſuet; ſerve them in with beaten Cinnamon and ſugar.

161 *To make a Haſh of Veal.*

TAke half a leg of Veal & ſlice it thin, then with the back of a Knife haſh it well on both ſides; then take ſweet herbs chopped very ſmall, and ſix Eggs, yolkes and whites beaten very well, put them into the diſh with the meat and herbs, with a little water & ſalt according to your taſte; beat them throughly with your hands, and put them into the frying Pan; then half fry it with ſweet butter, and put it betwixt two diſhes with more butter and vinegar, turn it now and then, and let it not ſtew too faſt.

162 *To roaſt a ſhoulder of Mutton.*

TAke a ſhoulder of Mutton, and cut off both the flaps, that it may look like a ſhoulder

a ſhoulder of Veal; then take Parſly and Onions with a little Samphire ſhred ſmall, and ſtuffe the ſhoulder of Mutton well with it, and into every place where you ſtuffe it, pour in with a little ſpoon ſome liquor of the Samphire; then lay it to the fire, and ſet under a diſh with Claret Wine and butter, baſte it with that; then take ſome other Claret Wine, and put into it a ſliced onion, boyl them together, and when your meat is enough, put it into the diſh to the Wine and Onions; then put in the juice of a Lemmon, and ſerve it in.

163 *To make morning-milk Cheeſe.*

TAke morning milk and ſome ſtroakings while it is warm; then take two quarts of fair water made ſomewhat hot, or rather ſeething hot, put it to your milk; then take a good handfull of Marigold flowers, ſtamp them in a wooden diſh, with the yolkes of four or five new layd Eggs, then ſtrain them into your milk, and put Runnet to it, and when

when it is come, break it, and whey it, and put it in a Cheese-Vate.

164 *To make a Hasty pudding that will butter it self.*

TAke a quart of Cream and boyl it with grated bread, and as many plumped Currance as you shall think fit, with some spice and a little salt; when you perceive it to be enough, put in the yolkes of four Egges well beaten, and a little Rosewater and sugar; then let it boyl a very little, and turn it out into a dish, and serve it in.

165 *To roast a Calves head whole.*

TAke a Calves head, and make as little a hole in it as you can to take out the brains; then lay the head in water one night, then dry it with a cloth, and fill it with a Pudding, then roast it, and baste it well with butter and a little salt; when it is almost roasted, strew it with grated bread; when it is quite roasted, pour

pour over it Vinegar, Cinnamon, butter and ſugar, but firſt cleave it in ſunder.

166 *To boyl a Salmon, or part of one.*

BOyl it with water and ſalt, and a bundle of ſweet herbs; to a tayl of Salmon take a quart of Oyſters, and ſtew them in their own liquor with a blade of Mace, and two or three Anchoves, and a few corns of Pepper; when your Salmon is enough, diſh it; then take your Oyſters and ſome ſhrimps boyled, and the ſhells taken off, with ſome butter and liquor of the Oyſters; beat them together with a ſpoon till it be thick, then pour it over your Salmon and ſerve it in: garniſh your diſh with cruſts of Manchet grated, and ſlices of Lemmon.

167 *To make white broth with Capons.*

TRuſs your Capons, and boyl them with fair water, then put to it three pints of that liquor, and put to it a quart

a quart of Sack, and as much white wine: ſlice in two ounces of dates, put in whole Mace, Cloves, Cinnamon and ſliced Nutmegs, boyl this in a pipkin till the Dates begin to be tender; then put in the marrow of two bones, and let it boyl ſoftly; when your Capons are ready, break twenty Eggs, and take the yolks only, beat them well, and ſtrain them with a little cold broth; then mix them with ſome of the hot broth, then put into your broth Raiſons ſtoned, and Currance; when it is boyled enough, put in your Eggs and a little Cream, and ſome Roſewater and Sugar.

168. *To make ſawce for any Fowl.*

TAke the gravy of any Meat, Wine, Anchoves, Onion, Butter, and ſliced Nutmegs.

169. *To ſowce a Calves head.*

BOyl it in as much water and ſalt as will cover it with a bundle of ſweet herbs, white Wine, and white Wine vinegar,

gar, ſliced Ginger, whole Mace, and Lemmon ſliced; boyl it till it be tender, then keep it in the ſowce drink for about a week; when you ſerve it in, ſet it upright in a diſh, and ſtick a branch of Roſemary in the mouth and eyes; garniſh it with Jelly and pickled Cucumbers, ſaucers of vinegar, with Jelly and Lemmon mixed with it.

170 *To make Cheeſe loaves.*

TAke the tender curds of new Milk Cheeſe, preſs them very well from the whey, break them as ſmall as you can poſſible; then take the crumbs of a wheat loaf, and as much curd as bread, the yolks of eight Eggs and four whites beaten; mingle them with ſome thick Cream, make them up with a little flower into little loaves, and bake them upon buttered Plates; then cut them open at the top, and put in Roſewater, butter, and ſugar, with ſome Nutmegs grated, and ſtir the crumbs of them together.

171 *To roaſt a Hare in the skin.*

TAke a Hare, aſſoon as you have killed her, paunch her and waſh her clean; then fill the belly full of butter, and ſew it up cloſe; then ſplit it and roaſt it, and when you think it is almoſt enough, pull off the skin and baſte it, and dredge it, and make Veniſon ſawce for it: it will eat very moiſt.

172 *To make French Bread.*

TAke a peck of Flower, and a good pint of Ale-yeſt; ſtrain the yeſt into ſome warm water, knead your paſt very light, put in but a very little ſalt, and knead it a great while longer then any other bread; then lay it to riſe in a warm cloth before the fire; then having your Oven very hot, make it into three Loaves, waſh them over with the yolks of Eggs and Beer, and let them bake four hours; if you would have your bread very excellent, you muſt add to this quantity the

the yolkes of twenty Egges, and a little Milk, and a little Sack.

173 *To make a Spinage or Lettice Tart.*

TAke Spinage or Cabbage Lettice, boyl them in water and ſalt till they be very tender, then put them into a Cullender to drein the water from them till they be very dry; then lay in the bottom of your Tart thin ſlices of butter, then ſtoned Prunes, than beaten Cinnamon and Sugar, then your herbs, then more ſpice and ſugar, then more Prunes and butter, and ſo cloſe it.

174 *To pickle Oyſters.*

TAke your great Oyſters, and ſave the liquor that comes from them, ſtrain it into an earthen Pipkin, put to it ſome white Wine and white Wine vinegar, whole Pepper, whole Mace, ſliced Ginger, Cloves, and Bay-leaves, with a little ſalt; when it hath boyled a little put in your Oyſters, and let them boyl two or

three walmes; then take them up and boyl your liquor a little longer, and when it is cold put in your Oyſters, and barrel them up, or keep them in Gally Pots cloſe ſtopped.

175. *To make a Potato Pye.*

SCald them well and pill them; then put butter into your Pye, then whole Mace, then Potato with Marrow, Cinnamon, Mace and Sugar, then butter, ſo cloſe it, and bake it, and when it is baked, put in ſome white Wine, butter and ſugar, with the yolks of Eggs.

176 *To make a Neats-tongue Pye, to be eaten hot.*

TAke freſh Neats tongues, boyl them in water and ſalt till they be very tender; then caſe them, and when they are cold, cut them in thin ſlices; then put butter into your Pye, then your Neats tongue, then a little Pepper, then Mace, Raiſons of the ſun, and ſugar, with ſome

ſome ſalt, then butter again, ſo cloſe it and bake it; and when you ſerve it in, put in white Wine, butter and ſugar, and the yolks of Eggs.

177. *To roaſt Pork without the skin.*

TAke any ſmall joynt of Pork, and lay it to roaſt till it will pill; then pill it and ſtick it with Roſemary and Cloves, then baſte it with butter and ſalt, make ſawce for it with bread, water, Claret wine, beaten Cinnamon boyled together; then put in butter, vinegar and ſugar.

178 *To make Pig eat like Lamb.*

TAke a fat Pig, flay it, and cut it in quarters, and truſs it like Lamb; then draw it with Parſly and roaſt it; baſte it with butter and ſalt, and when it is enough, flowre it, and make ſauce for it with butter, juyce of Orange and Pepper.

179 *To make Cabbage Cream.*

TAke twenty five quarts of new Milk, ſet it on the fire till it be ready to boyl, and ſtir it all the while that it cream not; then pour it into twenty ſeveral Platters as faſt as you can; and when it is cold, take off the Cream with a Scimmer, and lay it on a Pye-plate in the faſhion of a Cabbage crumpled one upon another; do this three times, and between every laire, lay on with a Feather Roſewater and Sugar made very thick.

You may take Cream boyled with ſpice, and ſtir'd all the while; then ſeaſoned with Roſewater and ſtrained Almonds, and ſtir it till it be cold; then take toaſts of Manchets cut thin, not too hard, nor too brown, lay them in the bottom of the diſh, and lay the Cream upon them; this is very good of it ſelf; but if you pleaſe, you may add your Cabbage-cream to it; cover it, and ſo ſerve them in both together; if you pleaſe, you may colour ſome of the Cream, either with red Sanders,

ders, Tornſel, Saffron or Spinage, and that will make it look very like a Cabbage.

180 *To make a Triſle.*

TAke ſweet Cream, ſeaſon it with Roſewater and Sugar, and a little Mace, boyl it a little, then let it ſtand till it be luke-warm; then put it into ſuch little diſhes or bowls as you mean to ſerve it in; then put in a little Runnet and ſtir it together; when you ſerve it in caſt on what Comfits you pleaſe.

181. *To make thick Cream*

TAke ſweet Cream, a little Flower finely ſearſed, large Mace and a ſtick of Cinnamon, Roſewater and Sugar, let theſe boyl together till it be ſomewhat thick, then put to it thick Cream and the yolks of Eggs beaten, and let it ſeeth a very little time for fear of turning; then pour it out, and ſerve it in cold.

182 *To make Creames of Paſte or Jellies.*

BOyl your Cream and put Eggs into it, as for a Fool, then ſlice the ſweet meats very thin, and boyl them; then ſweeten it, and put it into a Diſh.

183 *To make Cakes without Plumbs.*

TAke four pound of fine Flower, rub it into one pound of ſweet butter very well; then with warm Cream and Ale-yeſt, temper it into a paſte, put in a little Roſewater, and ſeveral ſpices beaten; let it lye by the fire till the Oven heat, and when you make it up, knead into it half a pound of carraway comfits, Three quarters of a pound of Biſket Comfits; make it up as faſt as you can, not thick, nor cut it too deep; put it in a Hoop well buttered, and waſh it over with the white of an Egg, Roſewater, and Sugar; then ſtrew it with ſome Comfits.

184 *A Sack Posset without Milk.*

TAke thirteen Eggs, and while they are beating, take a quart of Sack, half a pound of fine sugar, a pint of strong Beer, let them boyl together a while; then take it off and put in the Eggs, stirring them very well; then put it into a bason, and cover it close with a dish; then set it over a very soft fire till you see it arise with a curd: then serve it in with beaten spice.

185 *To preserve Gooseberries green and whole.*

PIck them clean, and put them into water as warm as Milk, so let them stand close covered half an hour; then put them into another warm water, and let them stand as long; so do three times, then take their weight in fine sugar and make a Syrup, then put them in and let them boyl softly one hour; then set them by till the next day, so do twice;

then take them out of that Syrup, and make new ſyrup, and keep them in it all the year.

186 *To make a Codling Tart.*

SCald them well and pill them, then rub them through a ſtrainer, and put them into a diſh with ſome Roſewater and Sugar, and ſome whole Cinnamon, ſo let it ſtand over a Chaffing diſh of coals a good while cloſe covered, ſtirring it now and then; then take out the Cinnamon, and fill your Tart and bake it but a little, and when it is enough, pour in a Cuſtard, and let it ſtand a while in the Oven.

187 *To make a Sillibub.*

TAke a Lemmon pared and ſliced very thin, cover the bottom of your Sillibub-pot with it; then ſtrew it thick with fine ſugar, then take Sack or white wine, & make a curd with ſome milk or cream, and lay it on the Lemmon with a ſpoon, then

then cover it up to the top of the pot with ſome Cream and whites of Eggs whipped to a froth, and between every lay of curd you muſt put ſugar.

188 *To make a Lemmon Sillibub*

TAke a pint of new Milk, and half a pint of Cream, ſtir them together with a little Roſewater and ſugar; then ſqueeze into it the juyce of two lemmons, ſtir it very well together, and ſo let it ſtand an hour, and then eat it.

189 *To preſerve Lemmons to look white.*

TAke the paleſt Lemmons you can get, and chip them very thin; then put them into a linnen cloth, and boyl them two houres in fair water, ſhifting the waters ſometimes, then cut them and take out the meat; then put them into another water, and let them boyl about half an hour without a cloth, till you find they are very tender; then take their weight and

and half in ſugar, and to a pound of ſugar a pint of water, make a Syrup thereof; then lay the Lemmons into a pot, and when the Syrup is no hotter then Milk from a Cow, put it over them, and let them ſtand a week; then pour the ſyrrup from them and boyl it again, and put it to them as before, and let them ſtand another week; then boyl it again and put it to them; ſo do three or four times till you think they are throughly done, but never boil the Lemmons in the ſyrup, for that ſpoiles the colour.

190 *To make a white Sillibub.*

TAke a pint of Cream, put to it half a pint of Sack, and the whites of four Eggs and ſome ſugar, beat it to a froth with a birchin Rod, and as the froth ariſeth, take it off and put it into your Sillibub pot till you have filled it above the brim.

191 *To make Lemmon Cream.*

TAke a quart of Cream, keep it ſtirring on the fire till it be blood-warm; then take the meat of three Lemmons ſweetened well with ſugar, and a little Orange flower water, ſweeten them ſo well that they may not turn the Cream; then ſtir them into the Cream over the fire, with the yolkes of ſix Eggs; be ſure to keep it ſtirring, and aſſoon as you ſee it be thick, take it off, and pour it into a diſh, and ſerve it in cold.

192 *To make ſeveral pretty fancies.*

TAke ſweet Almonds blanched and beaten with Roſewater; mix them with fine ſugar, the whites of Eggs, and Gum-dragon ſteeped in Roſewater, and ſo make them into what ſhape you pleaſe, and bake them.

163 *To make Musk Sugar.*

TAke four grains of Musk, bruiſe it, and tye it up in a piece of fine Lawn, lay it in the bottom of a Gally pot; then fill your pot with beated ſugar, and cover it cloſe, and in a few days it will both taſte and ſmell of Musk; when you have ſpent that ſugar, lay on more, and ſo do as long as you find any vertue.

194 *To make Sugar-plate of the colour and taſte of any Flowers.*

BEat your Flowers very well in a mortar with a little fair water, or Orange flower water; then add ſome ſugar to them, as much as you think fit, and beat them well together; then make it up with Gum-dragon ſteeped, into what ſhape you pleaſe.

195 *To make French Biket.*

TAke a peck of fine Flower, two ounces of Coriander ſeeds; one ounce of Anniſeeds, the whites of four Eggs, half a pint of Ale yeſt, and as much water as will make it up into a ſtiffe paſte, your water muſt be but blood warm; then make it up in a long great Rowl and bake it, and when it is a day old, pare it, and ſlice it overthwart; then ice it over with fine powder ſugar and Roſewater, and the white of an Egg, and put it into the Oven a while; then take it out, and keep it in Boxes all the year.

196 *To make fine Gingerbread.*

TAke three ſtale Manchets, grate them, dry them, and beat them; then ſift them thorow a fine ſive; then put to them one ounce of Ginger beaten and ſearced fine, as much Cinnamon, half and ounce of Anniſeeds, and half an ounce of Liquorice, half a pound of ſugar: boyl

boyl all theſe together with a quart of Claret Wine till it come to a ſtiffe paſte ; then mould it on a Table with a little Flower, and roul it very thin, and print it in moulds; duſt your moulds with ſome of your powdered ſpices.

197 *To candy any Spices with a Rock Candy.*

TAke a pound of fine ſugar, eight ſpoonfuls of Roſewater,& a ſix penny weight of Gum Arabick; boyl them together to a Candy height;then put it into an earthen Pipkin; then put in your ſpices, having firſt been ſteeped in wine or Roſewater one night, and dryed in a cloth ; then cover it with a Sawcer, and lute it with clay that no ayr may enter; then keep it in a hot place for three weeks, and it will candy hard.

You muſt break your pot with a hammer, or elſe yon cannot get them.

Thus you may candy oranges and lemmons that are preſerved, or any other Fruit.

FINIS.

THE LADIES Physical Closet.

OR,

Choice Receipts and Experiments in *Physick* and *Chyrurgery*.

With some Excellent *Waters* for Beautifying and Adorning the Face and Body.

And some Rare Receipts in *Cookery*; with Bills of *Fare* for all the *Seasons* in the Year.

London, Printed by *Tho. Milbourn* for *Nath. Crouch*, 1672.

THE LADIES Physical Closet.

1. *To make Oyle of Roses.*

TAke Sallet Oyl, and put it into an earthen Pot, then take Roseleaves, clip off all the white, and bruise them a little, and put them into the Oyl, and then stop the Pot close with Past, and set it into a boiling pot of water, and let it boile

boile one hour, then let it ſtand all one night upon hot embers; next day take the Oyl, and ſtrain it from the Roſe-leaves into a Glaſs, and put therein ſome freſh Roſeleaves clipt as before, ſtop it, and ſet it in the Sun every day for a fortnight or three weeks: it is very good to ſtrengthen the ſtomack being anointed with it, it cools the heat of the ſtomack, it takes away inflamations, and abates ſwellings.

2. *To make Syrup of Marſhmallows.*

TAke of Roots of Marſhmallows two Ounces, the Roots of Graſs, Sparigus, Liquoriſh, Raiſons of the Sun ſtoned, of each half an Ounce; the tops of mallows, Marſhmallows, Pellitory of the Wall, Burnet, Plantain, Maidenhair, white and black, red Cicers, an ounce; of the foure greater, and four leſſor cold ſeeds of each three Drams, boyl them in ſix pound of clear Water, till four remain; which being ſtrained, boyl into a Syrrup; with four pound

pound of white Sugar; it is a fine coolling, opening, slippery Sirrup, and chiefly commendable for the Chollick, Stone, or Gravel in the Kidneys or Bladder.

3. *An approved Remedy for the Stone and Gravel.*

TAke the hard Row of a red Herring, and dry it upon a Tile in an Oven; then beat it to Pouder, and take as much as will lie upon a six-pence, every morning fasting, in a Glass of Renish Wine.

4. *An Excellent Drink for the Scurvy.*

TAke a pound of Garden Scurvy-grass, six handfuls of Wormwood, and elder tops; one ounce of Carraway Seeds, and one ounce of Nutmegs, put them altogether into six Gallons of new Ale, and let them work together, and after a convenient time of working, Drink of it every morning fasting.

5. A

5. *A Receipt for the Gout, known to be very Helpful.*

TAke five or ſix Black Snailes, and cut off their Heads, and put to them one peny worth of Saffron, and beat them together, and ſpread it on the woolly ſide of a peice of ſhips Leather, and apply it to the Soles of the Feet, anointing the ſore place with the Marrow of a ſtone Horſe.

6 *An approved Waſh for any Pimples, Redneſs, Heat, Freckles or other defects in the Face.*

TAke half an ounce of Orrice powder, half an ounce of Camphire, one ounce of flower of Brimſtone, and ſix blanched Almonds, with one pint of wine vinegar, and the juice of ſix Lemmons mixt all together; and ſet it in the Sun nine dayes together, ſtirring it often, and ſo uſe it.

7. *To*

7. *To take Hair away.*

TAke of Colophonus two ounces, Maſtick, Ammoniacum cleanſed, each one ounce, diſſolve them in a clean earthen veſſel, and ſtrain it upon cold water; take it, and work it together, and diſſolve a little of it over the fire, and apply it warm; let it ly on two hours, then take it off.

8. *To make Sirrup of Maiden-Hair.*

TAke ſix ounces of Maiden Hair, one ounce of Liquoriſh ſcraped, and ſliced, ſteep them twenty four houres together, in four pints of Conduit water, then ſet it on the fire, and boyl it to a Quart; then take that liquor, and add to it two pound of clarified Sugar, and let it boyl upon a gentle fire of Charcoles until it come to a Syrrup, being ſcummed very often, that it may be cleer, for the more

cleer

cleer the better, then put it up for your use.

9. *To make Conserve, of Rosemary Flowers.*

TAke the Flowers fresh and good, pick them from the green tusk, and and weigh them, then add to every ounce of Flowers, three ounces of Sugar-Candy: beat them very fine together, using them in every degree, as you doe other Conserves.

10. *A Water to whiten the Skin, and take away Sun-burn.*

TAke of rain water, the juice of unripe Grapes, each alike quantity, boyl them together till one half be consumed; then whilest it boyls, add so much juice of Lemmons as was boyled away before, and when it is boyled enough, take it from the fire, and add four whites of Eggs after it is cold, and keep it for your use, washing your face every morning.

11 *To*

11. *To make the Hair fair.*

TAke the Aſhes of a Vine burnt, of the knots of barley ſtraw, and liquoriſh and Soweſbread, and diſtil them together in fair water, and waſh the head with it, and alſo ſprinkle the hair while it is combing, with the Pouder of Cloves, Róſes, Nutmeg, Cardamum and Galingal, with Roſe-Water; alſo the head being often waſht with the decoction of Beech-tree nuts, the hair will become fair.

12. *To make the Hands White.*

TAke the flour of Beanes, of Lupines, of Starch-Corn, Rice, ſmalbedus, Orice, each ſix ounces, mix them and make a Pouder; with which waſh the Hands in Water.

13. *A Dentrifice to whiten the Teeth.*

TAke of Hartshorn, and Horses Teeth, of each two ounces, Sea-shells, common salt, Cypress Nuts, each one ounce, burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gumtragacauth, and rub the Teeth therewith.

14. *For Griping of the Gutts.*

TAke Annisseeds, Fennel, Bay-berries, Juniper berries, Tormentil bistort, Balaustius, Pomgranat Pils, each one ounce, Rose-leaves a handful, boyl them in milk, strain it, and add the yolk of an egg, six grains of Landanum dissolved in the Spirit of Mint, prepare it for a Glister, and give it warm.

15. *A Soverai'gn Medicine for any Ach, or Pain.*

TAke barrows greaſe, a lapful of Archangel leaves, flowers, ſtalks, and all, and put it into an earthen pot, and ſtop it cloſe, and paſt it; then bury it in an Horſe dung-hil nine dayes, in the latter end of *May*, and nine dayes in the beginning of *June*; then take it forth and ſtrain it, and ſo uſe it.

16. *For the Sciatica and paines in the Joints.*

TAke balm, and Cringfoil, but moſt of all Bittony, Nep and Featherfew, ſtamp them, and drink the Juice with Ale or Wine. *Probatum.*

17. *For an Ague.*

TAke the root of a blue Lilly, ſcrape it clean, and ſlice it, and lay it a ſoke

all night in Ale, and in the morning ſtamp it and ſtrain it, and give it the patient lukewarm to Drink, an hour before the Fit cometh.

18. *For all Feavers, and Agues in Sucking Children.*

TAke Pouder of Chriſtal, and ſteep it in Wine, and give it the Nurſe to drink. Alſo take the root of Devils-bit, with the herb, and hang it about the Childs neck.

19. *A good Medicine to ſtrengthen the Back.*

TAke Comfrey, Knotgraſs, and the Flowers of Archangel, boil them in a little milk, and drink of it every Morning.

20 *For the biting of a mad Dog.*

TAke Garlick, Salt, and Rue, ſtamp them altogether, and in the manner of a Plaiſter, lay it to the ſore, and give

give the Patient Treakle to drink three times in a week, till the danger be past.

21. *To stanch the bleeding of a Wound, or at the Nose.*

THere is not a better thing then the Powder of Bole-Armoniack, to stanch the bleeding of a Wound, the Powder to be laid upon it, or for the Nose to be blown in with a Quill. Or the shavings of Parchment, and lay it to the Wound, it stancheth and healeth.

22. *For Bleeding at the Nose.*

TAke Betony and stamp it, with as much Salt as you can hold between your two fingers, and put it in your Nose.

23. *For spitting of Blood.*

TAke Smallage, Rue, Mints and Betony, and seeth them well in good Milk, and sup it warm.

24. *For a Womans Breaſt not Broken.*

TAke Oyle of Roſes, bean Flower, the Yolk of an Egg, alittle Vinegar, temper all theſe together, then ſet it afore the fire, that it may be a little warm, and then with a Feather ſtrike it upon the Breaſt, Morning and Evening, or any time of the day when ſhe feeles the Pricking.

25. *To heal a ſore Breaſt when Broken.*

BOyle Lillies in new milk, and lay it on to break it, and when it is broken, tent it with a Mallow-ſtalk, and lay on it a Plaiſter of Mallows, boiled in Sheeps Tallow: theſe are to be uſed if you cannot keep it from breaking.

26. *For an Ague in the Breaſt.*

TAke Groundſel, Daiſy-leaves and Roots, courſe Wheat ſifted, make a Poultice thereof, with the parties own water.

Water, and lay it Warm to the Breast.

27. *Want of Milk in the Breast.*

THe cause is sometimes from heat or Drowth, sometimes from a cold quality, sometimes from want of meat, or from the use of those Meats, which dry up the blood, or by bad digestion of the Stomack: use a good dyet and eat green Marjorum in the morning fasting.

28 *A good Medicine for a stinking Breath.*

TAke two handfuls of cumming Seeds, and seeth them in good Wine from a pottle to a pint; and then drink of it fifteen dayes together morning and evening: or wash the mouth often with Plantane Water.

29 *Another for a Stinking Breath.*

TAke great Oaken Leaves, and dry them, and beat them to pouder, and take one dram boyled in white Wine.

30 *For a ſcalding or burning with Fire.*

TAke the fat of dryed Bacon, and hold it between a pair of Tongs red hot, and let it drop into a pot of fair water, and of the dropping make a Plaiſter. Or take black ſope, and put upon the place, it will fetch out the Fire.

31 *For the Cancer in a Womans Breaſt.*

TAke the dung of a Gooſe, and the juice of Celandine, and bray them well in a morter together, and lay thereof to the ſore, and this will ſtay the Cancer, and heal it.

32 *For purging a Child that will take nothing Inwardly.*

TAke a handful of Pimpernel, and dry it between two Tyles, and lay it to the ſoles of the Feet.

33 *For the wind Collic*

TAke a Flintſtone, and put it into a Fire until it be red hot; then put it into a pot of drink, and there will ariſe a great foam; let the patient drink thereof.

34 *A preſervative againſt the Colick and Stone.*

TAke two handfuls of parſly Roots, boyl them in running water till they be ſoft; then take out the pith, and ſtamp them well, and put them into a pottle of ſtale Ale; then ſtrain them from thence, and drink thereof for the ſpace of nine days at leaſt.

35 *An Excellent Remedy for the Wind Chollick*

TAke a good quantity of worm-wood, and as much of tops of Roſe-mary, and boyl them in Sack, and put them into a linnen cloth, and lay it warm to the Belly where the grief is, and it will help preſently.

36 *For a Conſumption.*

TAke a pound and an half of pork, fat and lean, and boyl it in water, and put in ſome Oat-meal, and boyl it till the heart of the meat be out; and then put to it two quarts of milk, and boyl it a quarter of a hour, and give the Patient a draught in the morning, afternoon, and evening, and now and then ſome barly Water.

37 *For A Cough of the Lungs.*

TAke three ſpoonfuls of Engliſh Hony, and three of fair water mixed together, ſet it on the fire till the Scum ariſe, then take off the ſcum and take it from the fire, and put thereto the pouder of Coltsfoot, and make it as thick as Conſerve of Roſes; which uſe at pleaſure.

38 *For a Cough or Cold.*

STamp two handfuls of Centary, and ſeeth it in three quarts of Ale to the half; then ſtamp it again and ſeeth it, and put thereto a pint of honey, and ſo take every morning thereof three Spoonfuls.

39 *To take away Corns.*

FIrſt cut away the Corn, and root it out; then drop into the hole, a drop or two of a black-ſnail, and put thereto the pouder of Sandyffe, and it will wear the Corn away

40 *For*

40 *For a bruiſe or Strain.*

TAke the grounds of Ale or Bear, wheat Bran, and Chick-weed, and lay it to the grief, three or four times a day upon a red cloth.

41 *For the Cramp.*

TAke Hollioak, Oyle of Violets, and Swines greaſe, of each a little quantity, and make an Oyntment of them, and anoint the place.

42 *To cure Deafneſs.*

TAke Oyl of Roſes, and white-wine Vinegar, of each alike, and mingle them together, and at night in bed put one drop into the Ear, and ſtop it with black Wool, and lye on the other ſide.

43 *An excellent Medicine for the Dropſy.*

TAke two Gallons of new Ale, then take Setwal, Calamus, Aromaticus and Gallingale, of each two pennyworth; of Spicknard four penyworth, ſtamp all together, and put them into a bag, and hang it in the Veſſel, and when it is four dayes old, then drink it morning and Evening.

44 *A Good Medicine to Preſerve the Eye-ſight.*

TAke green Barly before it be eared, and diſtil it, and uſe dayly now and then to put a little into your Eyes, and it will ſtrengthen the ſight.

45 *For a Pearl, Pin or Web in the Eye.*

TAke a little honey clarified as it cometh from the Hive, and ſo drop it into your Eye evening and morning, and it will help.

46 *To*

46 *To ſtay Rhume in the Eyes.*

TAke woodbines bruiſed, and lay it to your Temples: Or take the juice of Rue four ſpoonful, and two of Honey, and mix them together, and when you go to bed, put ſome into your Eye.

47 *For the ſmall Pox in the Eyes.*

TAke the ſtrained juice of Pimpernel, and drop into your eye, morning and evening: this is alſo good for the Pin and Web, or Pearl in the Eye.

48 *To make the Face Fair.*

TAke the Flowers of Beanes, and diſtil them, and waſh the Face with the water: ſome ſay that the Urin of the party is very good to waſh the face withal, to make it fair.

49 *For cleanſing the face and Skin.*

IF the face be waſhed with the water that Rice is ſodden in, it clenſeth the face, and taketh away Pimples.

50 *An excellent Water called Lac-Virginis, to make the Face, Neck, or any part of the body fair and white.*

TAke of Alumen Plumoſi half an Ounce, of Champhire one Ounce, of Roach-Allum one ounce and a dram, Sal-gemuni half an ounce, of white frackincenſe two ounces, Oyl of Tartar one ounce and a half; make all theſe into moſt fine Pouder, and mix it with one quart of Roſe-water; then ſet it in the Sun, and let it ſtand nine dayes, often ſtirring it; then take Littarge of Silver, half a pound, beat it fine and ſearſe it; then boyl it, with one pint of white-wine Vinegar until one third part be conſumed, ever ſtirring it with a ſtick while it boyleth; then diſtil it by a Filter,

or

or let it run through a thick Jelly bag, then keep it by it ſelf in a Glaſs Vial, and when you will uſe thoſe waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called Lac-Virginis, waſh your face or any part of your body therewith: it is moſt precious for the ſame.

51 *A Water to adorn the Face.*

TAke Eggs cut in peices, Orang Pils, the roots of Mellons, each as much as is ſufficient in a larg Veſſel, with a long neck, diſtil it by an Alimbeck, with a ſtrong and careful fire.

52 *A Water to beautifie the Face.*

TAke of Cuckow-pintle as much as is ſufficient, bruiſe the thick parts with Roſe-water, dry them by the Sun three or four dayes, and pouring more Roſe-water on it, uſe it.

53 *To make the Face look Youthful.*

TAke two ounces of Aqua Vitæ, bean flower-water, and Roſe-water, each four ounces, water of Water-Lillies, ſix ounces, mix them all, and add to them one dram of the whiteſt Tragacanth, ſet it in the Sun ſix dayes, then ſtrain it through a fine linen cloth, then waſh your Face with it in the morning, and do not wipe it off.

54 *A Water to take away Wrinkles in the Face*

TAke of the Decoction of Briony and figs, each alike quantities, and waſh the face with it.

55 *To make Cinamon Water.*

TAke a pound and a half of bruiſed Cinamon, two pints of Spaniſh Wine, infuſe the Cinamon in the wine twenty four houres, then diſtil them in an Alimbeck; draw out three pints of ſtrong Waters (and ſmall as much as you think) ſufficient ſweeten it with Sugar ſufficiently, and ſo keep it for uſe.

56 *A*

56 A *Julip of Dr.* Trench *for the fits of the Mother.*

IN the time of the year, distil black Cherry-water, Piony-flower water, Cowslip water, Rue or herb-grace water, then take of the waters of Cowslip and black Cherries each an ounce; water of Castor half an ounce, Cinamon water one dram, Syrup of Clove Gilliflowers three drams: take of these two Spoonfuls at a time as often as you please.

57 *For the Mother.*

TAke Sneezing Powder the weight of six pence, Castorium the weight of two pence, mingle them together; then moysten the Powder well with Oyl of Amber, and take a litle on the end of your little finger, put it into the Nose when the party hath her fit, and it will cause her to sneez, and cease the fit.

58 *To*

58 *To cleanſe and ſtay the Whites.*

TAke of the pureſt Roſin, or elſe Gum of Lignum Vitæ or Guiacum, rub it gently in a Morter ſo as to make it a fine Powder, and put as much as will lye upon a ſix pence in a draught of Milk and Sugar cold, take it twice in a week for two weeks together, and it will give two or three ſtools, and will cleanſe and knit the weakneſs of the back perfectly.

59 *An Excellent Salve.*

TAke half a pound of bees-wax, a pint of Sallet Oyl, and boyl all together in a new earthen pipken, keeping it ſtirring with a Spatula all the while, till it growes of a darkiſh colour; then keep it for uſe, or make Sear-cloths of it. While it is hot, it is moſt approved againſt any pain, ſore, cut, ſcald, burn; to ſtrengthen the back, or remove any old ach whatſoever.

60 *For a Rheumatick Cough, or Cold.*

TAke a pint of Hyſop-water, Syrup of Gillyflowers, Syrup of Vinegar, Syrup of Maiden-hair, Syrup of Coltsfoot, of each an ounce, mingle them all together and drink of it when you pleaſe.

61 *To Kill a Fellon.*

TAke an Egg and roſt it hard, and take the yolk thereof; and take an Onion and roſt it ſoft, and beat the yolk and the Onion together, and lay it to the ſore and it will kill the Felon.

62 *For Pimples in the Face.*

TAke Wheat flower mingled with honey and Vinegar, and lay it upon them.

63 To

63 *To heal a Fistula or Ulcer:*

TAke figs and stamp them with Shoomakers Wax, and lay it to the sore on leather, and it will heal.

64 *For the white Flux.*

TAke the Powder of the Flowers of Pomegranates, and drink it in red Wine.

65 *For the red Flux.*

TAke Sperma Cæti and drink it, and truss up your self with a peice of black Cotton.

66 *For the Bloody Flux, or Scouring.*

TAke a great Apple and cut out the Core, and put therein pure Virgins Wax; then wet a paper, and lap it therein; then rake it up in the Embers, and let it roast till it be soft; then eat of it, as your stomack will give leave. 67 *A*

67 *Againſt Forgetfulneſs.*

APply Rue and red Mints with Oyl of Roſes, and very ſtrong Vinegar to thy Noſtrils and it helpeth. Or burn your own Hair, and mingle it with Vinegar and a little pitch, and apply it to the Noſtrils.

68 *For the green Sickneſs.*

TAke every morning faſting a pint of one Cows Milk, with a few mints bruiſed in it, and let the party Stir about after it.

69 *For a Woman in Travel.*

TAke ſeven or eight leaves of Bittany, a prety quantity of Germander, a branch or two of penny Royal, three Mary-golds, a branch or two of Hiſop, boyl them all in a pint of white Wine, or Ale; then put into it Sugar and Saffron, and boil it a quarter of an hour more, and give it to drink Warm.

70 *To make a Woman to be ſoon Delivered, the Child being Dead or Alive.*

TAke a good quantity of the beſt Amber, and beat it exceeding ſmall to Powder; then ſearſe it through a fine peice of Lawn, and ſo drink it in ſome broth or caudle, and it will by Gods help, cauſe the Patient to be preſently delivered.

71 *For a Wen.*

TAke black Sope, and mix it with unſlacked Lime, made into Pouder, and lay it upon the Wen or Kernel.

72 *For the Wind.*

TAke the Juice of red Fennel, and make a poſſet of Ale therewith and drink thereof.

73 *For the falling Sickness.*

TAke powder of Hawthom, and drink it with Wine; and it healeth the falling Evil.

74 *A good Medicine to provoke Terms.*

TAke Wormwood & Rue of each one handful, five or six pepper-corns, boil them altogether in a quart of white Wine or Malmsay; strain it and drink thereof.

75 *For the Tooth-ach.*

TAke Fetherfew and stamp it and strain it, and drop a drop or two into the contrary Ear to the pain, and lie still half an hour after.

76 *To cure a hollow Tooth for ever.*

DIp Lint in Oyl of Camphire, and then role it in Bole Armoniack, and burnt

burnt Allum, and make it into little balls, and put it into the Tooth, and ſtop it in with Lint, and let it remain in the Tooth four or five hours; then take it out, and waſh your mouth: Cured for ever.

76. *To make the Teeth white.*

TAke one drop of the Oyl of Vitriol, and wet the teeth with it, and rub them afterward with a courſe cloath. although the Medicine be ſtrange, fear it not.

77. *To make a Tooth fall out.*

TAke the roots of Marigolds, and put them into the mouth, on that Tooth that aketh.

78. *For a Timpany.*

TAke a handful of the bloſſomes of Marigold, ſtamp it, and ſtrain it, and give the juice thereof to the ſick in a draught of Ale, faſting.

79. *For the Rickets in Children.*

TAke of Fennel ſeeds, and Dill ſeeds, but moſt of the Laſt, boyl them in Beer, and ſtrain it, and ſweeten it with Sugar, and let him drink often. *Probatum.*

80. *To dry and heal up an old Sore.*

TAke the burned Aſhes of a Radiſh, and ſtrew it upon a Sore, and it will dry and heal.

81. *For the Shingles.*

TAke the green leaf of Colts-foot, ſtamped, and mingled with hony, and apply, and it will help.

82. *The Queens perfume.*

TAke four ſpoonfuls of Spike-water, and four ſpoonfuls of Damask-water, thirty Cloves, and eight bay-leaves ſhred

ſhred, and as much Sugar as weigheth two pence, all theſe boyled together make a good perfume.

83. *For a Tetter, or Ring-worm.*

TAke the aſhes of Tobacco, and mingle it with faſting ſpittle, and put it upon the Place every morning.

Choice Receipts of Cookery.

84. *To make a Bacon Tart.*

TAke a quarter of a pound of the beſt Jourdain Almonds, and put them into a little warm water to blanch them; then beat them together in a Mortar, with three or four ſpoonfuls of Roſe-water; then ſweeten them with fine Sugar; then take Bacon that is cleer and white, and hold it upon the point of a knife, againſt the Fire, till it hath dropt a ſufficient quantity, then ſtir it well together, and put it into the paſte and bake it.

85. *To*

85. *To make an Orangado Pye*

MAke a handſome thin Coffin with hot buttered paſte, and ſlice your Orangado, and put over the bottom of it; then take ſome Pippins, and cut every one into eight parts, and lay them in alſo upon the Orangado, and then pour ſome ſirrup of Orangado, and Sugar on the top, and ſo make it up, and bake it, and ſerve it up with Sugar ſcraped on it.

86. *To Haſh a Shoulder, or Leg of Mutton.*

WHen your Mutton is almoſt roaſted, cut it off in as thin ſlices as you can, and put them into a deep diſh, and put thereto a Ladle full of ſtrong broth, three or four whole Oniors, a Faggot of ſweet herbs, and a little large Mace and Salt, and ſet it over a good fire, and when it is well boyled, put into it two or three Anchovis, half a handful of

of Capers, a little Samphier mingled, two yolks of Eggs beaten with a little White-wine, toſs it up together, and diſh it up, garniſhed with Lemmon.

87. *To make a Frigaſie of Veal.*

CUt your meat in thin ſlices, beat it well with a rowling Pin, and ſeaſon it with Nutmegs, Lemmon and Tyme, fry it ſlightly in the Pan, beat two Eggs, and one ſpoonful of Verjuice, and put it into the Pan, and ſtir it together, and diſh it.

88. *To make a Citron Pudding.*

TAke a penny-loaf, and grate it, a pint and half of Cream, ſix Eggs, one Nutmeg ſliced, a little Salt, an ounce of candid Citron ſliced ſmall, a little candid Orange Peel ſliced, a quarrtan of Sugar, put all into a wooden-diſh well flowred and covered with a Cloath, and when the water boyleth, put it in: boyl it well, and ſerve it with Roſe-water and Sugar,

Sugar, ſtick it with Wafers, or blanch't Almonds.

89. *To make marrow Puddings.*

TAke a pound of the beſt Jordan Almonds, blanch them, or beat them in a ſtone or wooden Mortar, with a little Roſe-water; then take a penny-loaf grated, Nutmeg grated, a pint of Cream, and the Marrow of two Marrow-bones, two grains of Amber-greaſe, mingle them altogether with a little Salt, fill the Skins and boyl them gently.

90. *To make Muckroons.*

TAke a pound of fine Sugar, and a pound of the beſt Jordan Almonds, ſteep them in cold water, blanch them, and pick out the ſpots, then beat them, to a perfect paſte in a ſtone Mortar, with a little Roſe-water; then put them into a diſh with the Sugar, and ſet them over the Coales, ſtir it till it will come clean from the bottom of the diſh, and

put thereto two grains of Musk, and ſo bake them.

91. *To pickle French-beans.*

TAke your Beans, ſtring them, and boyl them tender; then take them off, and let them ſtand till they are cold, put them into a pickle of beer Vinegar, Pepper and Salt, Cloves and Mace, with a little Ginger.

92. *To make a Strawberry Tart.*

WAſh the Strawberries, and put put them into the Tart, ſeaſon them with Cinnamon, Ginger, and a little Red-wine, then put on Sugar, bake it half an hour, Ice it, ſcrape on Sugar, and ſerve it.

93. *To make Marrow Paſties.*

TAke Marrow and Apples, and ſhred them together, and put to them a little Sugar, put them into puff paſte, and fry

fry them in a Pan with fresh butter, and serve them with a little white Sugar strewed on it.

94. *To make a Quince Pye.*

TAke a gallon of flower, a pound and half of Butter, six Eggs, thirty Quinces, three pound of Sugar, half an ounce of Cinnamon, half an ounce of Ginger, half an ounce of Cloves, and Rose-water, make them in a Tart, and being baked, strew on double refined Sugar.

95. *To make a Pork Pye.*

BOyl your Leg of Pork, season it with Nutmeg, Pepper and Salt, and bake it five hours in a high round Pye.

96. *To make Symballs.*

TAke fine Flower dried, and as much Sugar as Flower; then take as much whites of Eggs, as will make it a Paste, and

and put in a little Roſe-water; then put in a quantity of Coriander-ſeed, and Anni-ſeed; then mould it up in the faſhion you will bake it in.

97. *To make Conſerves of Borage Flowers.*

TAke four ounces of freſh Borage-flowers, well cleanſed from their heads, a pound of fine Sugar, beat them well together in a ſtone Mortar, and keep them in a Veſſel well placed.

98. *To make an humble Pye.*

LAy minced Beef-ſuet in the bottom of the Pye, or ſlices of inter-larded Bacon, and cut the Humbles as big as ſmall dice, and cut your Bacon in the ſame form, and ſeaſoned with Nutmeg, Pepper and Salt, fill your Pyes with it, and ſlices of Bacon and Butter, cloſe it up and bake it, and liquor it with Clarret, Butter, and ſtripped tyme.

99. *To*

100 *To boyl a Pike.*

TAke a quart of White-wine, a pint and a half of White-wine Vinegar, two quarts of water, almoſt a pint of Salt, a handful of Roſe-mary and Time, let your liquor boil before you put in your Fiſh, put alſo Herbs, a little large Mace, and ſome twenty Corns of whole Pepper.

101. *To keep Sparragus all the Year.*

PArboil them a very little, and put them into clarifyed butter, cover them with it, the butter being cold, cover them with Leather, and about a Moneth after refreſh the butter, melt it and put it on them again, then ſet them under ground, being covered with a Leather.

102. *To candy Oranges or Lemmons after they are preserved.*

TAake them out of the syrup and drain them well; then boyl some Sugar to a Candy height, and lay your Peells in the bottom of a seive, and pour your hot Sugar over them; then dry them in a Stove, or warm Oven.

103. *To make Wafers.*

TAke a pint of Flowers, a little Cream, the yolks of two Eggs, a little Rose-water, with some searced Cinnamon, and Sugar, work them together, and bake them upon hot Irons.

A Bill of Fare for the Spring Season.

1 A Collar of Brawn and Muſtard.
2 A Neats Tongue and Udder.
3 A diſh of Ducks, two or three.
4 A Loin of Pork Roaſted.
5 A Veniſon Paſty.
6 A Steak Pye.

Second Courſe.

1 A Quarter of Lamb.
2 A diſh of Teals.
3 A Hanch of Veniſon
4 A diſh of Sparragus.
5 A Turkey Chicken.
6 Cuſtard of Almonds.

A Bill of Fare for the Summer Season.

1 A Grand Sallet.
2 Boyld Pidgeons.
3 A Lamb Pye,
4 A diſh of Green Geeſe.
5 A couple of Capones.

6 A Cuſtard.

A Bill of Fare for the Autumn or Harveſt.

1 A Diſh of *Scotch* Collops.
2 A Breaſt of Mutton boyld
3 A Diſh of boild Chickens.
4 A Calves Head boild.
5 A Veniſon Paſty.
6 A couple of Fat Capons.

Second Courſe.

1 A couple of Rabbits.
2 A diſh of Quails.
3 A diſh of Dotterels.
4 A cold Pidgeon Pye.
5 A Jole of Freſh Salmon.
6 A Gammon of Bacon.

A Bill of Fare for the Winter ſeaſon.

1 A Collar of Brawn and Muſtard.
2 A Haſh of Rabbits.

3 A Leg of Pork boyld
4 A Surloyn of Roaſt-beef.
5 A couple of Capons.
6 A Paſty of Veniſon.

Second Courſe.

1 A ſide of Lamb.
2 A couple of Rabbits larded.
3 A Weſtphalia Gammon.
4 A diſh of Larks.
5 Two dryed Neats Tongues.
6 A powdered Gooſe.

A

A Bill of Fare for Fiſh-dayes.

1 A diſh of Butter and Eggs.
2 A diſh of Stewed Oyſters.
3 A Pike boyld.
4 A Spinnage Sallet boyld.
5 A Stewed Carp.
6 A diſh of Freſh Fiſh.
7 An Eel or Carp Pye.

Second Course.

1 A dish of fryed Smelts.
2 A Jole of fresh Salmon.
3 A Couple of Lobsters in a Dish.
4 A dish of Pickled Oysters
5 A dish of Tarts or Custards.
6 A dish of Anchovis.

A Bill of Fare for a Gentle-mans House, about Candlemas.

The first Course.

1 A Pottage with a Hen.
2 A Chathern Pudding.
3 A Frigasy of Chickens.
4 A Legg of Mutton, and a sallet
Garnish your dishes with Barberies.

The Second Course

1 A Chine of Mutton.
2 A Chine of Veal.
3 A Lard Pye.

4 Two Pullets, one Larded.
5 A Chine of Salmon broyled.
Garniſhed with Orang Slices.

The third Courſe.

1 A diſh of Wood-cockes.
2 A Couple of Rabbits.
3 A Diſh of Sparagus.
4 A Weſtfalia Gammon of Bacon.
Garniſhed with Flowers.

The laſt Courſe.

1 Two Orenge Tarts, 1 with Herbs.
2 A Bacon Tart.
3 An Apple Tart.
4 A Diſh of Boonchriſten Peares.
5 A Diſh of Pippens.
6 A diſh of Pear-maines.

A Banquet for the ſame Seaſon in the after Noon.

1 A diſh of Aprecocks.
2 A diſh of Marmalade of Pippens.
3 A diſh of preſerved Cherries.
4 A Whole Red Quince.
5 A diſh of dried ſweet Meats.

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Ladies,

Ladies,

YOu are preſented in this ſmall Manual, with above 500 choice Receipts, whereby you may be accompliſhed with the moſt curious Divertiſements belonging to your Sex: for you are here taught;

1. The Art of Preſerving and Candying all ſorts of Fruits and Flowres, and to make *Comfits*, *Cakes*, and rich *Court*-Perfumes

2*ly*. You have here many rare Receipts in *Cookery*, with the beſt way of dreſſing all ſorts of Fleſh, Fowl, and Fiſh, with the making of all manner of *Kickshaws*, *Pies*, and the moſt pleaſant *Sauces*.

Laſtly, Here are ſome very uſeful and neceſſary Receipts in *Phyſick* and *Chyrurgery*, whereby you may be your own Doctors in the cure of the moſt common

common diſeaſes incident to the body; with ſome excellent waters for beautifying the Face and Body. So that I think it may well deſerve the Title of the *Ladies Delight*, which if you like and practice, you will encourage,

Your Servant.

FINIS.